

SWEET BRIAR COLLEGE



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# Recipes

Compiled By

The Sweet Briar Club  
Of New York City



On the Cover: "The Refectory", 1994, Painted by  
Jill Steenhuis, SBC '80',  
brings back fond culinary memories for many of us.

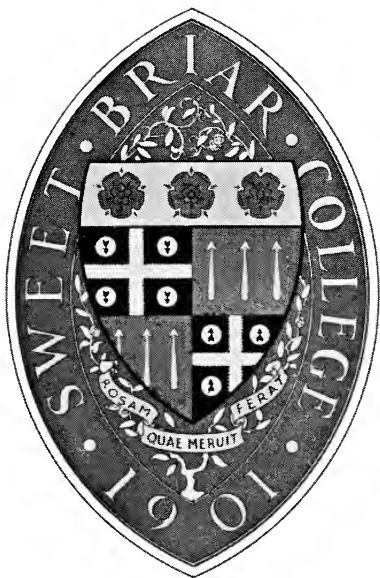
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## TIPS

Whole unpeeled garlic heads popped into the roasting pan with roasts makes a great paste to spread on bread. You may want to take one crosswise slice off the top before baking.

Make sure to crumble dried seasonings with your hands before using to release the pent-up flavor, e.g. basil, oregano and thyme.

When using fresh herbs, use double the amount called for of the dried equivalent.

Always roll lemons or limes on the kitchen counter with pressure before squeezing to produce more juice.

Freeze stocks (especially chicken stock) in an ice cube tray and then keep the cubes (with labels) in a plastic bag in the freezer so they are handy to use for making sauces. Each will be about 2 tablespoons.

Pack cooked rice into a teacup (or a timbale, if you have one). Place a dinner plate upside down on top of the cup and carefully turn right side up and lift the cup for an easy and professional presentation. This works for polenta as well. Sprinkle with parsley.

Always briefly pass blanched vegetables through a cold water bath so they stop cooking and retain their color before serving.

Use edible flowers for garnish - easily obtainable at the Green Market at Union Square. Many other wonderful fresh things are available there, too. Open Monday, Wednesday, Friday and Saturday.

When icing champagne or white wine when your time is short, add SALT to the ice bucket with some water and ice, and place the bottle inside, up to the neck. It will be ice cold in short order.

**DECORATING A PLATE:** Ladle a white or light sauce, like creme anglais (recipe p. 407), onto a serving plate and swirl to distribute evenly, tapping the bottom of the plate if it is a thick sauce. With a dark sauce like a raspberry puree or melted chocolate in a squeeze bottle or a paper cone (a paper cup with the very tip cut off): (1.) Make droplets around the edge (like the markers on a clock), then take a toothpick or a skewer and make heart shapes by running through each droplet in a circular fashion. OR (2.) Make concentric circles of dark sauce and run the toothpick alternately toward the center of the circles and then next from the center of the circles outward.

Grow your own herbs; everyone has a window somewhere. It is really easy, smells great, and will add immensely to your enjoyment of your food.

Immediately pour salt on spilled wine on a tablecloth. When dry, just brush away.

After cutting chicken on a cutting board, always wash the cutting board before placing anything else on it, to prevent salmonella poisoning.

Whenever practical, cut long vegetables and fruits on the diagonal. It is much more decorative and appealing than straight cuts. For example: celery, scallions, bananas.

Always measure out your ingredients before beginning a recipe. This will save you time and possible fumbling in the long run. The French call this "mise en place," or putting everything in its place before beginning.

You'll shed less tears if you cut the root end of the onion off last, or freeze or refrigerate onions before chopping.

All Parmesan cheese is not equal. Get the best Parmesan Reggiano you can find. It makes a huge difference in the quality of your dish. Macy's has a very good one.

There is a new gizmo on the market that looks like a measuring cup, but it has a spout originating from its bottom. It separates fat from natural juices or stocks, because the fat will rise to the top, and this thing pours from the bottom. It is ingenious.

Get a pastry bag and use it to pipe potatoes, icings, etc. It will make you look like a star with very little effort.

## TREATMENTS FOR STAINS

### Cause of stain and Treatment

*Alcoholic beverages:* Apply shampoo and vinegar. If traces remain, apply dry cleaner.

*Bleach:* Apply shampoo and vinegar.

*Blood:* Sponge with cool water. Apply shampoo, ammonia and vinegar.

*Butter, margarine:* Apply dry cleaner. If traces remain, apply shampoo.

*Candle Wax:* Apply dry cleaner.

*Candy, chocolate:* Apply shampoo and vinegar. If traces remain, apply dry cleaner.

*Catsup:* Apply shampoo.

*Chewing gum:* Chill with ice cube until gum is brittle. Scrape off with dull knife. Apply dry cleaner.

*Coffee, tea:* Apply shampoo and vinegar. If traces remain, apply dry cleaner.

*Cough Syrup:* Apply shampoo.

*Crayons:* Apply dry cleaner and shampoo.

*Egg:* Apply shampoo, ammonia, vinegar and if traces remain, dry cleaner.

*Excrement:* Sponge with cool water. Apply shampoo, ammonia and vinegar.

*Fruit, fruit juices:* Apply shampoo, ammonia, vinegar and if traces remain, dry cleaner.

*Furniture polish:* Apply dry cleaner and shampoo.

*Gravy:* Apply shampoo, ammonia, vinegar and if traces remain, dry cleaner.

*Grease:* Apply dry cleaner.

*Ink, washable:* Apply shampoo.

*Lipstick:* Apply dry cleaner, shampoo, ammonia and vinegar.

*Milk, ice cream:* Apply shampoo, ammonia and vinegar.

*Motor oil:* Apply dry cleaner, shampoo, ammonia and vinegar.

*Mud:* Let dry, brush gently, vacuum, then apply shampoo.

*Mustard:* Apply shampoo and vinegar, if traces remain apply dry cleaner.

*Paint, wet oil-based:* Apply dry cleaner.

*Paint, wet water-based:* Apply shampoo.

*Perfume:* Apply dry cleaner and shampoo.

*Salad dressing:* Apply dry cleaner. If traces remain, apply shampoo and vinegar.

*Shoe polish:* Apply dry cleaner, shampoo, ammonia and vinegar.

*Soft drinks:* Apply shampoo, ammonia, vinegar and if traces remain, dry cleaner.

*Syrup:* Apply shampoo and vinegar. If traces remain, apply dry cleaner.

*Tar:* Apply dry cleaner.

*Urine:* Apply vinegar and then shampoo, ammonia and more vinegar.

*Vegetable oil:* Apply dry cleaner. If traces remain, apply shampoo.

*Vomit:* Sponge with cool water. Apply shampoo, ammonia and vinegar.

## A GREENS GLOSSARY

**Arugula:** Also known as rocket. Spicy, peppery flavor, mixes well with milder greens. Small leaves are mildest. Stands up to a strong salad dressing.

**Belgian endive:** Slightly bitter, long, small, compact head. The white, elongated leaves make a pretty contrast with other "green" greens.

**Bibb and Boston:** Delicate, buttery flavor. Loose head of small, tender leaves combines well with other greens. Use mild dressings.

**Curly endive:** Also known as chicory. Frilly, dark green outer leaves are bitter; the pale green inner leaves are sweet. Team with milder greens and strong dressing.

**Mache:** Sweet, nutty flavor. The small, tender leaves combine well with bitter or mild greens. A delicate dressing is best.

**Radicchio:** Also known as red chicory. Bitter flavor. The ruby-red color makes a pretty contrast with milder "green" greens. Goes well with Bibb or Boston lettuce. Cup-shaped leaves from small heads make great servers for other salads.

**Red leaf:** Mild, sweet flavor. Large head of loose, ruffled, red-tipped leaves. Best with a subtle salad dressing.

**Romaine:** Sweet flavor. Large, long leaves with a crunchy rib down the middle. Main component of Caesar salad.

**Spinach:** Bold flavor. Dark green leaves combine well with milder greens.

**Watercress:** Peppery flavor. Small, dark green leaves combine with mild or pungent greens.

## HOW TO KEEP IT FRESH

General tips on buying and storing meat or poultry.

Whenever possible, meat should be sliced or packaged to order. When buying wrapped cuts, check for the expiration date. It is impossible to tell how fresh the items are because the plastic conceals odor, but avoid packaged meat with a deposit of liquid, which indicates that the item has been frozen and defrosted or has been in the package for sometime.

Plastic bags retain moisture. If meat is left in a bag for a few days, it becomes soaked in blood, which can get sour. Even when the meat has been aerated, the taste doesn't disappear.

At home, store meat or poultry in the refrigerator loosely wrapped in butcher paper or cheesecloth, which will keep the surface dry. Remove the package containing heart, liver and gizzards from chickens and store separately in the refrigerator. Larger pieces of meat such as steaks, chops and roasts can be kept refrigerated for up to four days. Ground meat, kidney, liver, sweetbreads and brains should be used within a day.

Meat will keep up to a week when marinated in wine, lemon or vinegar, any of which will break down the tissues and help to tenderize it. Spices will also prolong the life of a piece of meat or chicken and will add flavor. It is not dangerous to thaw and refreeze meat or poultry; the bacteria is actually reduced. However, the meat turns mushy and much of the flavor is lost.

### What to look for....

**Beef:** Color is the best indication of freshness. The meat should be bright red, firm and without an excessive amount of fat. If beef has been exposed to air for a day or two it will deepen to a brownish-red. Ground meat tends to spoil quickly, so, if possible, it should be ground to order and eaten the same day. Avoid beef that feels flabby or that is wet on the surface; it has usually been frozen.

**Lamb:** Should be firm and rosy, not too soft, with white fat and slender bones. Young spring lamb has paler flesh than older lamb, which is a dark reddish-pink. This is no indication of freshness. The fat should be firm and waxy. If it is brittle the lamb is old, or has been frozen. Avoid pieces that have turned brown.



**Pork:** Fresh pork has creamy-white skin, pink-tinged soft bones and silky pink flesh that is firm, not flabby and has no odor at all. Avoid red or brown pork or meat that is dry. Yellow fat and slippery-looking flesh indicate that pork is stale.

**Veal:** Fresh milk-fed veal has pearly pale-pink flesh and pure white, satiny fat. Grass-fed veal is dark pink. Texture of both should be springy and smooth. Veal with a brown or gray tinge is stale.

**Organ Meats:** Because sweetbreads, brains, kidneys and liver are easily perishable they are hard to find fresh in supermarkets; they last only about a day in the display case. In supermarkets, they have usually been frozen and thawed and the package will say so. Kidneys keep better when there is fat around them. Fresh kidneys have no smell and no dark patches.

**Chicken:** Chicken should have a soft, smooth skin. Color - off-white or yellow - does not indicate freshness, but what the bird has been fed. Bright yellow birds have usually been fed a diet of marigold petals or coloring, which add nothing to their nutritive value. Avoid birds that are mottled-looking or rough with translucent dry spots. It is easier to tell the freshness of a chicken with the head still attached: the eyes should be bright and clear, not sunken and dull, and the cockscomb on a male should be bright red.

**Duck:** Many brands of duck are sold in opaque vacuum packs, making it impossible to tell if they are fresh by looking or smelling. In buying a freshly killed duck, look for a plump, moist skin. The color varies slightly with the breed. Mallard and Muscovy duck should be creamy yellow or ivory, and White Pekin, the most widely available, pinkish-white. The skin should not be mottled or rough with dry patches.

**Turkey:** A fresh turkey has a plump, smooth white skin, pearly white rather than purple or blue, with no withered or dry patches. Like ducks, turkeys are often sold in vacuum packs, making it impossible to tell freshness. Fresh turkeys are best hung at the butcher shop for three days to develop their flavor.

**Game:** Most game sold in New York is frozen. If you find a shop with fresh pheasant, pigeon or quail, ask the butcher to hang them for a day or two. Pheasant is particularly tough if not hung.



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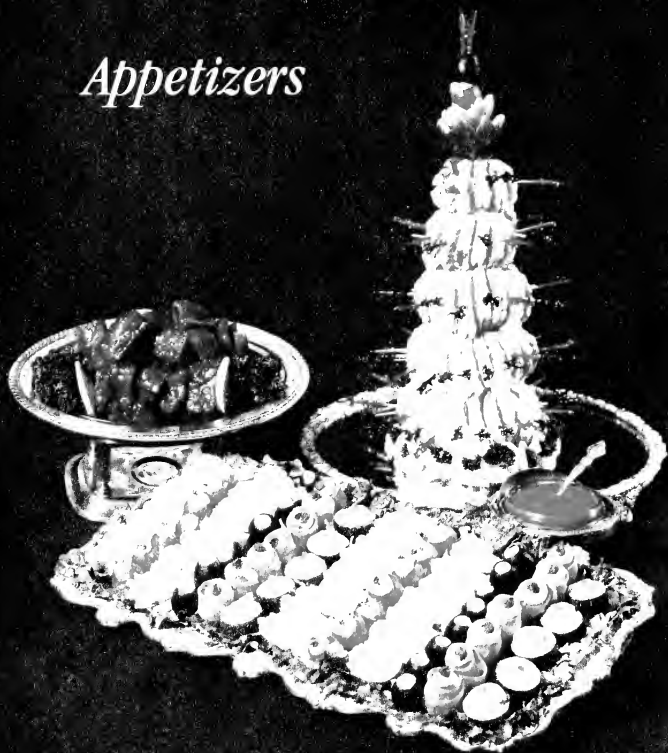


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# *Appetizers*



## PERFECT PARTY PLEASERS

Cheese and fruit tasting is an easy, conversation-making way to entertain friends before dinner. Seasonal varieties of fruit include peaches, nectarines, sweet cherries, figs, grapes, apricots, pineapple, strawberries, plums and melons. Or try fruits such as papaya and mangoes. Dried fruits such as prunes and raisins also team nicely with cheese and fresh fruits.

Some cheese and fruit combinations: Cheddar, Provolone and Camembert with pineapple, grapes, pears and walnuts. Brie, Monterey Jack and Feta with tangerines, strawberries and dried prunes. Colby, Gjetost, Emmenthaler and Roquefort with apricots, pineapple and plums.

Remember, if cooking the cheese for your appetizers, that excessive heat and prolonged cooking turns it stringy and leathery. When making a sauce, stir in the cheese toward the end of cooking time just until totally melted.

To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

The pointed end of a beer can opener is an excellent tool for deveining shrimp.

Out of ginger ale? Mix equal parts of Coke and 7-Up.

Use styrofoam egg cartons as trays when you need extra ice cubes for parties.

If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but its raw sugar will start the bubbling up again.

Christmas Starter, dinner or breakfast: Serve Cranberry Juice topped with lime sherbet.

You can use frozen dough to make flaky crusts for appetizers. Thaw, cut into desired shapes, put in filling, brush with butter, bake 10-15 minutes at 375 degrees. Fillings can be chopped up chicken, roast beef or any cooked seafood; or any cooked vegetables as mushrooms, broccoli, cauliflower.

Place bay leaves (which are never to be eaten) in a tea ball for easy removal from sauces (or stews).

For instant white sauce: blend together 1 c. soft butter and 1 c. flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce: drop 1 cube into 1 c. of milk and heat slowly, stirring as it thickens.

Store carton of cottage cheese upside down. It will keep twice as long.

Try a new spice for your appetizers in place of salt. Blend together 2½ tsp. each of paprika, dry mustard, garlic powder, 5 tsp. onion powder, ½ tsp. ground black pepper and ¼ tsp. celery seed. Put all in a shaker and pass up the salt.





## GIFT-WRAPPED BRIE

6 sheets phyllo dough,  
approximately 12 x 14  
inches  
1/3 c. butter, melted

1 (4 1/2 oz.) round brie  
3 tbsp. Rhubarb Chutney (recipe  
follows)  
Leek strip for garnish

Preheat oven to 400 degrees.

Line a small baking pan with aluminum foil. Brush foil with a thin layer of melted butter. Lay 1 sheet of phyllo on foil and brush with butter. Place a second sheet of phyllo perpendicular over the first. Brush with butter. Lay next 2 sheets at a 45 degree angle to the first two, brushing each layer with butter. Repeat with final 2 phyllo sheets. Place brie in center. Top with chutney (it may run down the sides). Fold up leaves of phyllo around brie and twist on top. Brush outside of phyllo package with remaining butter. Bake, uncovered, for 10 to 15 minutes or until phyllo is golden brown. Let rest for 15 minutes before serving. Tie a bow around the twisted phyllo using a strip of leek that has been blanched and cooled. Cut with sharp knife. Serve with plain crackers.

Serves 8.

## RHUBARB CHUTNEY

2 lbs. fresh rhubarb (4 cups), cut  
into 3/4 inch lengths  
2 c. golden raisins  
2 c. chopped onions  
2 c. malt vinegar or apple cider  
vinegar

3 c. sugar  
1 tbsp. salt  
2 tbsp. ground ginger  
1 1/4 tsp. pepper  
1 tsp. ground cloves  
1 1/4 tsp. curry powder

Combine all ingredients in a large saucepan. Bring to a boil. Reduce heat to medium. Cook for 45 minutes, stirring frequently until thick. Store remaining chutney in refrigerator. Yields: 5 to 6 cups.

*Lesley L. Byers '94*

## **GRILLED BRIE WITH PESTO AND TUSCANY TOAST**

- |   |  |
|---|--|
| 1 c. chopped fresh basil                          | 1 oz. sun-dried tomatoes,<br>chopped               |
| 2 cloves garlic                                   | 2 oz. grated Parmesan cheese                       |
| 3 tbsp. pine nuts                                 | 2 brie cheeses, each 4 1/2 oz.                     |
| 1/4 c. olive oil                                  | Fresh fruit for garnish (grapes,<br>berries, kiwi) |
| 2 baguettes, sliced into 1/4 inch<br>thick rounds |  |

Place basil, garlic, pine nuts and olive oil in food processor and puree until a thick paste. Place the baguette slices on cookie sheets and top with pesto, reserving about 1/4 cup. Sprinkle with sun-dried tomatoes and Parmesan, and bake in 400 degree oven for 8 minutes until golden brown and crisp. Using the reserved pesto brush the cheeses on both sides then lightly grill on both sides (or put in 400 degree oven for 10 minutes). The cheese should be warm and soft. Arrange the tuscany toast on a serving plate, place the grilled brie in the center, top with remaining pesto. Garnish with fresh fruit as desired.

*Wendy C. Weiler '71*

## **ROULADES OF SMOKED SALMON WITH WARM GOAT CHEESE**

- |                        |                           |
|------------------------|---------------------------|
| 6 oz. goat cheese      | Salt and pepper to taste  |
| 4 oz. smoked salmon    | Red leaf lettuce          |
| 2 lg. potatoes         | 2 tbsp. champagne vinegar |
| 4 oz. clarified butter | 4 tbsp. hazelnut oil      |

Peel the potatoes and slice thinly on a mandolin. Coat slices with clarified butter and salt and lay on a baking tray. Bake at 375 degrees for 20 minutes until soft but not brown.

Place the goat cheese on a sheet of plastic wrap and cover with another layer of plastic wrap. Flatten with a rolling pin. If the salmon is not already thinly sliced, slice as thinly as possible.

Place potato slices to form a large square onto aluminum foil. Place cheese on top of the potato square and then the salmon slices on top of the cheeses. Roll up jelly roll style. Then refrigerate 15 minutes. Slice into 2 inch slices.

Saute roulades on all sides to brown in remaining clarified butter. Serve on red leaf lettuce, drizzled with champagne vinegar/hazelnut oil dressing.

## **POTATO GALLETTES BAKED WITH GOAT CHEESE DISKS**

**1 lg. Idaho potato, per person**  
**1 Granny Smith apple, peeled**  
**and halved lengthwise, per**  
**person**

**2 oz. goat cheese, per person**  
**1 tbsp. cream**  
**Chives and parsley to taste**  
**Bread crumbs**

Peel potato, then thinly slice with mandolin. Into clarified butter in a non stick skillet, place overlapping slices in a circular layer. Salt and pepper.

Thinly slice apple and make second layer. Make another layer of potato slices. Salt and pepper. Press down with a spatula to seal layers. When golden, invert with a slotted spatula onto a plate and slide onto skillet, so other side can brown.

Goat cheese is softened into bowl with a small amount of cream. Add fresh chives and fresh Italian flat (broad) leaf parsley. Form cheese into disks about 1/2 inch thick. Coat in bread crumbs on all sides. Place on parchment paper and refrigerate for 30 minutes.

Preheat oven to 425 degrees. Place gallette on parchment paper lined baking sheet. Place a disk of cheese on each and bake for 7 to 8 minutes.

## ARTICHOKE HEARTS MONTE CARLO

- |   |                                      |
|---|--------------------------------------|
| 1 c. lump crab meat                     | 1 c. mayonnaise                      |
| 1 can artichoke hearts, packed in water | 3 tbsp. lemon juice                  |
| 2 c. watercress leaves                  | 1/2 tsp. salt                        |
| 1/4 c. chopped chives                   | 1/4 tsp. freshly ground black pepper |
| 2 tbsp. chopped parsley                 | 1/2 c. sour cream                    |
| 1 clove garlic, minced                  | 3 tbsp. chopped dill                 |
| 3 anchovy fillets, chopped              | Bibb lettuce                         |

Shred crabmeat with a fork in a small bowl. Combine all the remaining ingredients, except the artichoke hearts and lettuce, in a blender until smooth and creamy.

Add half the sauce to the crabmeat and toss. Drain the artichoke hearts. Trim the bottom of the hearts so that they will sit evenly on the plate. Take out some of the center leaves to form a cup. Fill each heart with crabmeat. Place 2 filled hearts on beds of lettuce on individual plates and cover with the remaining sauce. If desired, decorate the artichokes with small pimiento cut outs or pimiento strips. Surround with a few asparagus spears and cross 2 strips of pimiento over each spear. Refrigerate for 30 minutes before serving. Serve with thin buttered slices of pumpernickel bread. Serves 6.

## FOIE GRAS AND LEEK TERRINE

- 2 whole foie gras are cut into 1/2 inch slices, then scoop out blood and veins

The slices go onto a sheet pan, salt and pepper, to taste. Then place in a 375 degree oven for 3 to 4 minutes.

- 4 blanched baby leeks or inside of large leeks      1/2 lb. truffles, coarsely chopped

Use rendered fat from foie gras to coat leeks. Place saran wrap in terrine loaf pan, layer leeks (alternating white and green) and foie gras, with truffle on top of foie gras. Fold plastic wrap over to seal terrine, with end sides protruding to let fat escape. Place another terrine with 4 lbs. of weights on top. Allow 12 hours in refrigerator to set. Serve with raspberry vinaigrette.

## **MARINATED EGGPLANT**

**3 lg. eggplants**

Slice, salt, and place in a colander lined with a dish towel for 30 minutes.

**3 eggs**  
**Parsley**

**Salt and pepper**

Whisk together. Lightly dust slices with flour then cover with egg wash, fry in oil.

Brown garlic cloves in olive oil. Add 1 cup wine vinegar, bay leaf, fresh rosemary and simmer one minute. Add pepper. In a deep flat sided glass bowl, layer eggplant slices and sauce. Cover with aluminum foil and press down. Invert a few times to make sure all is incorporated. Set aside several hours to marinate, unrefrigerated. Invert and unmold.

## **EGGPLANT AND RED PEPPER PATE**

### **WITH FRESH TOMATO SAUCE**

2 tomatoes  
1 onion  
1 cucumber  
1 clove garlic  
1 tbs. sherry wine vinegar  
3/8 c. olive oil  
1 c. tomato juice

3 red peppers  
6 eggs  
1 c. cream  
4 eggplants  
1/4 c. grated cheese  
Olive oil for garnish

Heat tomatoes. Remove to water bath. Then skin, quarter, and remove seeds and discard. Cut vertically then across to dice. Place in bowl. Dice onions. Remove seeds of cucumber too. Remove green cord of garlic. Smash and chop. Add all to tomatoes.

Add 1 tablespoon sherry wine vinegar, 3 tablespoons olive oil and 1 cup tomato juice. Puree with handheld blender. Season with salt and pepper. Place in refrigerator.

Roast peppers with 3 tablespoons olive oil in a 450 degree preheated oven for 30 to 40 minutes. Peel, seed and slice then puree. Add eggs one at a time. Add 1 cup cream and salt and pepper.

Remove skin of 4 eggplants. Cut into sticks. Heat 4 tablespoons olive oil to very hot and lightly brown eggplant sticks. Drain on paper towel.

Line mold with plastic wrap. Place red pepper puree into mold. Place eggplant slices lengthwise and repeat.

Place mold in a baking pan with 1 inch water. Bake for about 25 minutes. Then cool and chill until serving. Use 2 slices per serving. 2 teaspoons tomato puree are placed on the side. Field greens are arranged with 2 slices of goat cheese. Drizzle olive oil on top of cheese and greens.

## **BAKED BABY ARTICHOKEs**

Remove green outer leaves, leaving only white centers. Soak in cold water with lemon added for 10 minutes. Arrange around edges of a pan. Add quartered onions to center of pan; salt and pepper. Dot with margarine or butter. Chop and add garlic. Drizzle with olive oil. Add chopped parsley and chicken broth. Bake at 375 degrees for half an hour, until tender.

## **CARCIOFI RIPIENI**

(ARTICHOKES STUFFED WITH RICOTTA CHEESE)

Oven temperature 375 degrees.

1 lemon	1 egg
3 artichokes	1/2 c. Romano cheese, grated
10 peppercorns	6 slices salami, diced
1 tsp. salt	1/2 c. bread crumbs
1 tsp. olive oil	6 tbsp. cold sweet butter
1/2 lb. ricotta cheese	Pepperoncini to taste, diced

Boil halved artichoke (with choke removed with a melon baller) in water, olive oil, lemon chunks and peppercorns, for about 20 minutes, until tender.

Mix ricotta, egg, pepperocini, Romano cheese and salami (diced). Stuff each artichoke half, top with bread crumbs. Place in a baking dish, dot with butter and bake at 375 degrees for 20 minutes.

## **ADRIANNA'S STUFFED MUSHROOMS**

Onion and garlic are sauteed in olive oil. Tops only of mushrooms are set aside, chopping and adding stems. Julienne ham (prosciutto is great). Dot with butter. Add chopped parsley, add a douse of white wine. Sprinkle with bread crumbs. Brush mushroom buttons with butter or olive oil. Stuff with a spoon. Sprinkle with Parmegianno. Place in a baking tray at 375 degrees for 2 to 7 minutes. Garnish with parsley sprigs.

## **SALMON MOUSSE**

1 env. unflavored gelatin  
1/4 c. cold water  
1/2 c. boiling water  
1/2 c. mayonnaise  
1 tbsp. lemon juice  
1 tbsp. finely grated onion  
Dash of Tabasco

1/4 tsp. sweet paprika  
1 tsp. salt  
2 tbsp. finely chopped dill  
2 c. finely flaked poached fresh  
salmon or canned salmon,  
skin and bones removed  
1 c. heavy cream

Soften the gelatin in the cold water in a large mixing bowl. Stir in the boiling water and whisk the mixture slowly until gelatin dissolves. Cool to room temperature.

Whisk in the mayonnaise, lemon juice, grated onion, Tabasco, paprika, salt and dill. Stir to blend completely and refrigerate for about 20 minutes, or until the mixture begins to thicken slightly.

Fold in the finely flaked salmon. In a separate bowl, whip the cream until it is thickened to peaks and fluffy. Fold gently into the salmon mixture.

Transfer the mixture to a 6 to 8 cup bowl or decorative mold. Cover and chill for at least 4 hours.

Serve on toasts, black bread or crackers. Or serve as a first course, garnished with watercress. At least 12 portions.

*Wendy C. Weiler '71*

## **MOLDED TUNA MOUSSE**

1 pkg. plain gelatin  
1/2 c. Miracle Whip  
1 c. sour cream  
2 lg. cans tuna, drained

1/2 c. boiling water  
1 lg. onion  
Salt and pepper  
1 cucumber

Into blender put boiling water, gelatin and onion. Blend. Add sour cream, Miracle Whip slowly. Add tuna while it is blending (don't let it get too liquified). Put into 2 1/2 cup greased mold. Put into refrigerator at least 2 hours before unmolding. Garnish with sliced cucumbers.



## PEANUT BUTTER STICKS

A favorite.

1 (12 oz.) jar of smooth peanut  
butter  
3/4 c. Wesson oil

2 tbs. sugar  
Arnold Toasting White bread (1  
lb. loaf)

Mix peanut butter with Wesson oil and sugar in to top double boiler and cook over hot water until smooth.

Trim crusts off on four sides and cut into 3 fingers per slice. Bake all (crusts and fingers) in 225 degree oven for about 45 minutes. Be sure that fingers of bread are put flat in pan as they have a tendency to curl while baking. Crusts may brown before fingers are done. Dry fingers but do not brown. Roll crusts for crumbs.

Dip toast fingers in "goo" and roll in crumbs. They will all dry immediately and will keep for weeks in tin box. Use 1 1/2 loaves of Arnold Toasting White bread. Makes about 72. 1 loaf makes about 48 (with some goo leftover). If crumbs are used up divide remaining fingers and make more crumbs.

If storing in tin box let dry awhile and then store with wax paper between layers.

*Murrell Chadsey '44*

## OYSTER CRACKERS

(SNACK OR HORS D'OEUVRE)

1 box Sunshine or Dandy soup  
and oyster crackers

Place in large bowl. Mix together thoroughly in a smaller bowl:

3/4 c. Wesson oil  
2 tsp. lemon flavored pepper  
1 tsp. dried dill

1 pkg. Hidden Valley Ranch  
Original salad dressing mix

Thoroughly mix above mixture into the crackers, a spoonful at a time. Store in freezer bag in freezer until using. Can be kept well in a tight metal box.

*Murrell Chadsey '44*

## **BOW TIES**

**(30 TO 36 HORS D'OEUVRES)**

**1 lb. bacon**

**1 box Waverly or Club wafers**

Wrap 2 crackers in 1/2 bacon strip. Cook in slow oven on baking sheet lined in foil and sprayed with Pam (lightly). 250 degrees for 1 1/4 to 1 1/2 hours (until brown). Drain on paper towels. Can be kept in tin box.

*Murrell Chadsey '44*

## **EGGPLANT CAVIAR HORS D'OEUVRE**

**1 lg. eggplant**

**2 cloves garlic**

**2 tbsp. balsamic vinegar**

**1/4 c. virgin olive oil**

**1 sm. onion, finely diced**

**Salt and pepper to taste**

Place pierced whole eggplant on a baking pan in a 350 degree oven until tender, about 1/2 to 3/4 hour. Run under cold water and peel skin immediately.

Chop eggplant in a wooden bowl and add diced onion and peeled, smashed garlic cloves. Salt and pepper to taste. Add vinegar and olive oil and chop finely. Refrigerate; covered tightly, until serving time. Serve with crackers, like a dip. Flavor will improve when permitted to marinate.

*Belle Weintraub*

*Mother of Ellen Weintraub, '71*

## **TEXAS CRABGRASS**

**1/3 c. butter**

**1/2 c. finely chopped onion**

**1 can (7 1/2 oz.) crabmeat,  
drained**

**3/4 c. Parmesan cheese**

**1 pkg. (10 oz.) frozen chopped  
spinach, cooked and drained**

Melt butter, add onion and saute until soft. Add crab, cheese and spinach. heat through. Serve hot with Melba toast or crackers. Makes 3 cups.

## ARTICHOKE SQUARES

2 (6 oz.) jars marinated artichoke hearts	1/8 tsp. Tabasco sauce
1 sm. onion, finely chopped	2 c. grated Cheddar cheese
1/4 c. fine, dry bread crumbs	2 tbsp. chopped parsley
1/8 tsp. pepper	1/4 tsp. salt
1/8 tsp. oregano	4 eggs

Drain artichokes, saving marinade from one jar. In marinade, saute onion, diced artichokes. Beat eggs and add crumbs and seasonings. Stir in remaining ingredients. Turn into a greased 7 x 11 inch pan. Bake at 325 degrees for 30 minutes. Let cool a little before cutting into squares. Serve hot or cold.

## **ALMOND CHICKEN BALLS**

8 oz. cream cheese  
1 c. ground cooked chicken  
3/4 c. finely chopped blanched almonds

2 tbsp. mayonnaise  
Curry powder, salt, white pepper  
and chopped chutney to taste  
Finely grated coconut

Combine all ingredients, except coconut. Chill, form into balls. Roll in coconut and chill until ready to serve. Makes approximately 4 dozen 3/4 inch balls.

## **HOT CRAB DIP WITH SHERRY**

1/2 c. mayonnaise  
1/2 lb. cream cheese  
1 tbsp. powdered sugar

2 tbsp. sherry  
1 lb. crabmeat

Over double boiler melt cream cheese, sugar and mayonnaise. Stir in crabmeat. Add sherry before serving.

## **CRABMEAT DIP**

1 can crabmeat  
1 (8 oz.) pkg. cream cheese,  
softened  
2 tbsp. onion flakes (or more to  
taste)

1 tbsp. milk  
Salt and pepper to taste  
Sliced or slivered almonds for  
top

Mix together and bake for 15 to 20 minutes, in a casserole that can be displayed.

*Belle Weintraub  
Mother of Ellen Weintraub '71*

## HOT ARTICHOKE DIP

1 (14 oz.) can of artichokes,  
drained and chopped  
1 c. mayonnaise  
1/4 tsp. garlic powder

1 c. Parmesan cheese, grated  
(freshly grated Parmegianno,  
Reggiano is best)  
Paprika to taste

Mix first four ingredients and pour into souffle dish. Sprinkle paprika on top. Bake at 325 degrees for 25 minutes. Serve with crackers or party rye bread.

*Aileen Lang*  
*Professor of Art History*

## ONION-CHEESE PUFFS

1 c. water  
1/3 c. butter or margarine  
1 c. all purpose flour  
1 tsp. salt  
1/4 tsp. garlic powder

4 eggs  
3/4 c. shredded Swiss cheese (6  
oz.)  
1 sm. onion, chopped (about 1/4  
cup)

Heat oven to 400 degrees. Heat water and butter to rolling boil in medium saucepan. Stir in flour, salt and garlic powder and stir vigorously over low heat about 1 minute, or until mixture forms a ball. Remove from heat. Beat in eggs, all at once, until smooth. Stir in cheese and onion.

Drop dough by scant teaspoonfuls about 1 inch apart onto lightly greased or nonstick baking sheets. Bake 20 to 25 minutes or until puffed and golden; cool.

### FILLED PUFFS:

Place 1 salted peanut, 1/2 inch fully cooked smoked ham cube or half of 1 pimiento-stuffed olive on each puff. Top with enough dough to cover, and bake as directed.

### TOPPED PUFFS:

Place 1 pimiento-stuffed olive or 1/2 inch square cheese slice (1/8 inch thick) on each puff, and bake as directed. Makes about 5 dozen puffs.

## ARTICHOKE PUFF

12 oz. marinated artichoke hearts	1/4 tsp. freshly ground pepper
1 med. onion, chopped	2 tbsp. flour
5 eggs	6 oz. Cheddar cheese, grated
3/4 tsp. salt	1 oz. Parmesan cheese, grated

Drain off 1/4 cup oil from artichoke hearts and heat. Saute onions in oil until clear. Slice artichoke hearts. Beat eggs with salt, pepper and flour until the mixture is perfectly smooth. Stir in the grated cheese.

Add the artichoke hearts to the onions and stir. Place this mixture in an 8 x 8 baking dish. Spoon in egg and cheese mixture over the artichokes, spreading it gently.

Bake the puffs at 350 degrees for 25 minutes until it is completely set, golden brown, and slightly crusty on top. Great hot or cold, cut into squares, this makes a great hors d'oeuvre.

*Beth Rabin and daughter, Cricket Rabin '92*

## SPINACH IN A BREAD MOLD

1 pkg. of frozen chopped spinach, drained well	1 pkg. Knorr's vegetable soup
1 c. mayonnaise	1 can waterchestnuts, chopped well
1 c. sour cream	1 sm. round Italian bread (scoop out center)
1 tbsp. chopped onion	

Mix all ingredients in bowl and chill at least 2 hours. Serve in bread mold with bread cubes.

## GREEK EGGPLANT CAVIAR

2 med. eggplants  
2 tbsp. wine vinegar  
Juice of 1/2 lemon  
1 tbsp. olive oil  
1 tbsp. vegetable oil  
1 onion

1 lg. clove garlic  
1/2 tsp. sugar  
1/4 tsp. salt  
1/8 tsp. pepper  
1 sm. bunch flat leaf parsley

Pierce eggplants well with a fork. Set in a greased shallow baking pan. Place on a grill (3 to 4 inches above coals). Saute minced onion and garlic in 1 tablespoon vegetable oil until translucent, and set aside. Turn and grill eggplants another 30 minutes. Blackened skins can be peeled easily. Discard skins. Finely dice meat, minced garlic and onion are added. Squeeze in juice of 1/2 lemon. Add olive oil, vinegar, chopped parsley, salt and pepper and sugar. Serves 4.

## CAVIAR TORTE

6 hard cooked eggs, chopped fine  
3 tbsp. mayonnaise  
1 lg. sweet onion (Vidalia preferred), chopped fine  
1 (8 oz.) pkg. cream cheese, softened

2/3 c. sour cream  
1 (4 oz.) jar black lumpfish caviar  
thin lemon slices  
Pumpernickel

Lightly oil an 8 inch springform pan. Stir eggs, mayonnaise, salt and pepper to taste in a bowl and spread evenly on bottom of pan. Sprinkle onion over top to cover.

In a small bowl, whisk cream cheese and sour cream until smooth. Drop in dollops over onion and spread carefully. Cover and chill 8 hours to 1 day.

Before serving, remove sides of pan and transfer to serving platter. Spread caviar over top. Garnish with lemon slices and serve with pumpernickel.

## **WATERCRESS DIP**

**3 oz. cream cheese**  
**1/2 c. mayonnaise**  
**1 sm. onion, chopped**

**1/2 bunch watercress**  
**1 tbsp. Worcestershire sauce**

Combine the above ingredients in the container of blender or food processor and blend until smooth. Makes about 1 cup. This is an excellent sauce also for grilled fish or London broil.

*Lesley Hoopes (Bissell) '68*

## **GUACAMOLE**

**2 ripe avocados**  
**1 lg. ripe tomato**  
**1 med. onion**  
**1 tbsp. mayonnaise**

**Pepper**  
**Cumin**  
**Tabasco**  
**Lemon juice**

Peel the avocados and chop into 1/4 to 1/2 inch chunks. Chop the tomatoes into smaller chunks than the avocados. Finely chop the onion.

Put avocado, tomato and onion into medium sized mixing bowl. Season with generous amounts of pepper, cumin, lemon juice, and 1/4 teaspoon of Tabasco.

Add a dollop (using a tablespoon) of mayonnaise and mix gently, keeping the chunky quality of the avocados intact.

*Nancy White Bryant '79*

## **HOPIE'S YUMMY GUACAMOLE**

**3 avocados**  
**1 tomato (medium to large)**  
**1/2 to 3/4 red onion**

**2 tsp. Tabasco**  
**1 lime**

Mix avocados in blender to desired smoothness. Save some avocado to chop by hand for chunky guacamole.

Dice tomato and add to avocados. Dice red onion and also add. Splash in 2 teaspoons of Tabasco (or similar hot sauce) for salsa zest-ola! Add juice squeezed from lime for tanginess and also freshness.

Don't forget to save the avocado pit, to keep with guacamole until you're ready to serve. Keeps it fresh and prevents browning. Serve with chips (tortilla).

*Hopie Carter '94*



## CAVIAR MOUSSE

- |                                 |  |
|---------------------------------|--|
| 3 hard boiled eggs              | 1 env. Knox gelatin                        |
| 1/4 c. cold water               | 2 tbsp. grated onion                       |
| 1 c. mayonnaise                 | 1 (3 1/2 to 4 oz.) jar red or black caviar |
| 2 tbsp. lemon juice             | 1/8 tsp. cayenne pepper                    |
| 1 1/2 tsp. Worcestershire sauce |  |
| 1/2 c. sour cream               |  |

Chop eggs finely. Keep 2 teaspoons for garnish. Lightly oil a 3 to 4 cup fish mold. In small saucepan, soften gelatin in water over low heat. Set aside. Gently mix all ingredients, reserving 2 teaspoons caviar for garnish. Fold caviar in gently. Chill 3 hours or just overnight. Serve with unsalted crackers.

*Nancy Ness '85*

## CHICKEN LIVER PATE

- |                          |   |
|--------------------------|---|
| 1 lb. chicken livers     | 1/4 c. Madeira wine                                   |
| 1 lg. onion, chopped     | 1 tsp. salt   |
| 2 sticks butter          | 1/2 tsp. black pepper                                 |
| 1 clove garlic, minced   | (Optional: clarified butter top with pinch of nutmeg) |
| 2 oz. mushrooms, chopped |   |

Trim white gristle from livers (optional). Heat 12 tablespoons butter in skillet. Cook onions then livers quickly (2 minutes a side) until brown but still pink in middle. Remove and put in food mill. Saute garlic and mushrooms. Melt remaining butter and stir in Madeira. Scrape brown bits off bottom of pan. Add to blender. Now blend everything until smooth. Season and pack into crock.

*Ginny Lee Butters '66*

## AVOCADO MOUSSE

- |   |                      |
|---|----------------------|
| 1 avocado, mashed (should be very ripe) | 1 (3 oz.) lime Jello |
| 1 c. sour cream                         | 1 c. mayonnaise      |
|   | 1 c. boiling water   |

Cool Jello, mix up rest of ingredients and mix together. This can be multiplied easily. I used a Christmas Tree pan and decorated it with colored peppers (green, red and yellow).

*Lynne S. Crow '64*

## **RISOTTO AI FUNGHI**

### **(MUSHROOM RISOTTO)**

- |   |                           |
|---|---------------------------|
| 1/2 c. butter or olive oil                          | 1 c. dry white wine       |
| 1 sm. onion, very thinly slice                      | 3 c. Italian Arborio rice |
| 3/4 lb. domestic or wild mushrooms (such as morels) | About 7 c. chicken stock  |
|   | 3/4 c. grated Parmesan    |

Melt half the butter in a large, heavy pan and saute the onion over a low heat until soft and transparent but not brown.

Clean the mushrooms and slice them thinly. Add these to the pan and stir well. Pour in the wine and continue cooking until almost completely evaporated. Add the rice and continue cooking until it begins to change color, then add 1/2 cup of the stock. Cook until the stock has been absorbed by the rice, then add another 1/2 cup of the stock. Continue in this manner until all the stock has been absorbed. This process will take about 20 minutes, and by the end the rice will be perfectly tender, each grain separate.

Add the rest of the butter and the cheese, stir well, cover the pan and leave the risotto to settle for 2 or 3 minutes before serving. Serve with a bowl of additional grated Parmesan cheese. Serves 6.

## **RISOTTO**

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 onion, minced                    | 1 c. dry white wine             |
| 2 c. arborio rice                  | 6 c. chicken broth              |
| 1/4 c. olive oil or 5 tbsp. butter | 1 c. grated Parmigiano Reggiano |
| 2 shallots                         | 1/2 c. dried porcini mushrooms  |

Reconstitute dried porcini in 1 cup heated chicken stock. Chopped onion and shallot are wilted in olive oil. Wilt the onion first; then shallots wilted just before you add the arborio rice to toast it. Add 1 cup white wine after rice is toasted. Add reconstituted chopped dried porcini mushrooms. Add juice from reconstituted porcini, leaving grit behind (do not add cold stock so starchiness does not coagulate). Gradually add more chicken stock, as it is absorbed.

Add Parmesan and mix just before serving. Do not cook Parmesan, just heat. Garnish with lemon zest and parsley. Cannot be prepared ahead of time.

Optional: add peas, chopped asparagus or broccoli flowerets.

*from Felidia Restaurant NYC*

## **SALMON AND PIKE STRUDEL**

- |  |  |
|--|--|
| 1 (8 oz.) pike filet, skinned and<br>diced | 2 tbsp. egg whites                       |
| 3 tbsp. vegetable oil                      | 1/3 c. heavy cream                       |
| 3/4 c. diced onions                        | Clarified butter as a glaze              |
| 2 c. button mushrooms, minced              | Salt and pepper                          |
| 2 tbsp. dill, chopped                      | 8 pieces strudel pastry or filo<br>dough |
| 1 side of whole salmon filet               |  |

Heat oil over high heat and saute onions. Add mushrooms and dill, and salt and pepper. Simmer until onions are translucent and moisture from mushrooms is evaporated.

Skin salmon and cut one long narrow piece of filet. Place pike cubes, egg whites and 1/4 cup cream into processor. Salt and pepper. Add cream a little at a time until smooth.

Place strudel (or filo pastry) on a towel on top of a cookie sheet that has been lined with parchment paper.

Spread mushroom mixture on top of strudel. Pipe pike mousse through a pastry bag with no tip and spread smooth with a metal spatula.

Place salmon filet in the middle, add salt and pepper, and pipe mousse on top of salmon to cover. Roll up carefully, making use of the towel to assist. Fold over edges to seal. Melted clarified butter is brushed on top. Bake at 350 degrees for 45 minutes. Butter is brushed onto the dough while baking. Serve with dill and cream sauce on the plate. Place a slice of strudel on top. Serves 4.

*"World Class Cuisine"*

## **BRAISED CABBAGE ROLLS**

Blanch and then ice bath savoy cabbage leaves. Cooked chicken thigh meat is diced as is veal and duck and 1 piece foie gras. Fresh tarragon is chopped and added. 3 tablespoons broth are added and it is stirred. Put a dollop in center. Foie gras is placed in the center. Fold over, turn over and form into a round. Steam in broth, salt and pepper. Fresh tarragon is added to skillet. Cover and bake at 350 degrees. Garnish with black olives and cherry tomatoes, warmed in the broth.

*Jeremiah Tower  
Stars Restaurant*

## 5 STAR CRAB CAKES

8 oz. crab  
1 tbsp. lime juice  
1 tsp. grated lime zest (2 to 3  
scrapings)  
2 scallions, finely chopped  
(including green part)

1 tbsp. chopped coriander, or  
parsley  
1 tbsp. capers  
5 oz. waxy potatoes

Boil potatoes 10 minutes only then peel and grate on coarse side of grater to get long strips (or use a mandolin).

Transfer potato strips to bowl with crab, lime juice and zest, scallions, capers and coriander. Toss the mixture gently with a fork. Add 2 pinches cayenne pepper, ground black pepper and salt. Shape into patties. Saute in hot oil, turning carefully. Serve with your favorite salsa (suggestions: grilled corn off the cob, chopped red onion and chopped avocado).

## CRAWFISH CAKES

2 c. onion, chopped  
1 c. green bell pepper (1 med.  
pepper)

1 c. (4 ribs) celery  
1 red bell pepper

Let onions sweat in 1 tablespoon olive oil, add diced peppers and diced celery. Then add off the heat:

1 lb. crawfish tails

Add:

Couple dashes Louisiana hot  
sauce  
1 tbsp. Worcestershire sauce  
Fresh ground pepper

Cayenne, granulated onion,  
garlic, salt, (Creole  
seasoning)

Take off heat, add:

1/2 c. Romano or Parmesan

1 c. bread crumbs

Chill formed crabcakes. Dust in flour and saute in olive oil.

## **CREOLE GEFILTE FISH**

Into 1 teaspoon oil saute and then set aside:

**3 cloves garlic**  
**1 red pepper**

**1 green pepper**

Grind in a processor or a coffee grinder then add to garlic and peppers:

**6 sun dried tomatoes**  
**1 tbsp. fresh thyme**  
**12 black peppercorns**

**5 to 6 cloves**  
**1 tsp. cayenne pepper**

Leave vegetables to saute over low heat.

Grind in a meat grinder:

**1 lb. halibut**  
**1 lb. red rockfish or snapper**  
**1 lb. sole or flounder**

**1 whole onion**  
**8 slices Challah**

Mix with:

**2 tsp. Kosher salt**  
**1 tsp. white pepper**

**2 egg whites**

Form into football shaped quenelles. To the creole vegetables sauteeing, add 2 cups fish stock. Poach quenelles for 15 minutes. Into 2 teaspoons arrowroot, add 3 tablespoons wine and add to liquid. Makes 16 portions.

## **SHRIMP WITH FRESH TOMATO SAUCE AND FETA CHEESE**

4 lbs. shrimp, shelled and  
deveined  
1 lg. tomato  
1 lg. carrot  
2 tsp. chopped celery  
1 lg. onion  
1 tbsp. tomato paste

1 lb. feta, cut into 1 inch cubes  
1 tsp. sugar  
Salt and pepper to taste  
Dill for garnish  
1 c. olive oil  
1/2 c. dry white wine

Make a concasse: Core and peel a large ripe tomato. Slice in half and squeeze over a bowl to remove seeds. Chop into large chunks.

Half of olive oil is poured into a skillet over medium heat. Add onion, carrot, celery and tomato. Add tomato paste, then splash with white wine. Stir with a spatula until vegetables are soft.

Pour remainder of olive oil into a skillet over high heat. Add shrimp, constantly turning. When they turn pink add a small amount of tomato sauce. When they have sauteed about 3 to 5 minutes, transfer the shrimp to a porcelain baking dish.

Add tomato sauce generously. Dot with feta cheese and place in a 350 degree oven for 10 to 15 minutes. Garnish with sprig of fresh dill.

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## **CAPELLINI WITH FRESH TOMATO AND BASIL SAUCE**

<b>*2 lbs. fresh plum tomatoes, peeled, seeded and coarsely chopped</b>	<b>1 (3 1/4 oz.) jar capers, drained and rinsed</b>
<b>1 c. coarsely chopped fresh basil leaves</b>	<b>Salt and freshly ground pepper</b>
<b>3 tbsp. sherry vinegar</b>	<b>1 lb. capellini pasta*</b>
	<b>3/4 to 1 c. olive oil (preferably extra virgin)</b>

Combine tomatoes and basil. Marinate at room temperature 1 to 2 hours or overnight in refrigerator.

Blend vinegar, capers, salt and pepper into tomato mixture. Bring large amount of salted water to rapid boil. Add pasta and cook until al dente; drain well. Transfer to platter. Add enough oil to coat. Mix in tomato sauce. Let stand 5 minutes before serving.

\*I often use canned plum tomatoes.

\*Angel hair pasta can be substituted.

Good side dish or first course with grilled chicken. Also great as a light summer supper by adding a salad and bread. Also good cold.

*Wendy C. Weiler '71*

## **ITALIAN SPINACH DUMPLINGS**

**1 lb. spinach, well dried and  
reheated**

Dice with a Mezzaluna or chef's knife, or pulse in processor. Do not puree completely.

**1/2 c. Ricotta cheese  
1/4 c. Parmesan cheese**

**1 egg  
Flour for dredging**

Roll into oval cylinders and roll in flour. Place in boiling water, boil until they rise to the top. Serve with Parmesan cheese and a dollop of tomato sauce. 3 per serving. Serves 4.

# **TORTELLINI WITH SNAILS AND CILANTRO PESTO**

## **PASTA DOUGH:**

Into a mixer:

4 eggs	1/4 tsp. saffron
2 egg yolks	Zest of 2 lemons
2 c. bread flour	Juice of 4 lemons
2 c. semolina flour	1 tbsp. olive oil, added last

The saffron, zest of lemons and juice of lemons has been heated, reduced, and cooled to room temperature.

Knead by hand after it comes together in the mixer. Roll into a log shape and wrap it up and let it rest for a few hours.

## **CILANTRO PESTO:**

Process:

1/2 c. pumpkin seeds	1/3 c. olive oil
3 c. fresh cilantro	1/4 c. dried aged Monterey Jack cheese
4 garlic cloves	1 egg yolk
1/2 c. Parmesan	
1 lime, juice of	

Then add Parmesan, juice of one lime, and drizzle in olive oil. Process to the consistency of a very heavy sauce. Add dried aged Monterey Jack cheese. Add one egg yolk.

Roll the sheet of pasta through a pasta machine. Cut fluted rounds; place a snail in the center of each round, place a small dollop of pesto on top and fold over. Form into tortellini by bringing corners together and "pasting" with egg wash.

Sauce is a reduction of (reduce for 15 to 20 minutes): clam juice (or fish stock), cream, white wine, shallots, saffron, halved olives, shredded sun dried tomatoes, basil and garlic. Boil pasta in boiling water for 2 to 3 minutes.



## HORSE POND FARM TOMATO SOUP

7 lbs. tomatoes, cut up  
7 stalks celery  
7 stalks parsley

3 onions, sliced  
7 bay leaves

Put in large pot, bring to boil, simmer until soft. Drain, pour through Moule grater. Blend:

7 tbsp. butter  
7 tbsp. flour  
1/4 c. sugar

2 tbsp. paprika  
Salt (optional)

Add tomato mixture to butter mixture and heat stirring. Put in 9 plastic pint containers, cover and freeze. Absolutely delicious. Bon Appetit!

*Marion Mann Roberts '39*

## LENTIL SOUP

Use what you have: leftover breakfast sausage, leftover green beans, etc.

2 c. rinsed lentils, cooked in 2  
1/2 qts. boiling water about  
an hour  
1/4 lb. sausage or turkey sausage  
1/4 c. olive oil  
2 plus onions, chopped  
3 cloves garlic, minced  
2 to 3 carrots, chopped  
2 to 4 ribs celery and leaves,  
chopped

1/2 c. fresh parsley, chopped  
1/2 tsp. dried marjoram  
1/4 tsp. dried thyme  
1 c. white wine  
3 tbsp. tomato paste  
Salt and pepper, add at end  
Parmesan cheese

Heat oil in heavy skillet. Saute sausage, onions, garlic, carrots, celery, parsley, marjoram and thyme until golden. Add wine and tomato paste. Pour sauce into lentils. Cook 30 to 40 minutes until lentils are very tender. Season to taste. Serve with Parmesan cheese. Very satisfying for supper with tuna salad sandwiches, and grapefruit juice or beer to drink.

Lentils are cholesterol free, high in fiber, protein and potassium. Low in sodium and fat. Exchange brown rice for sausage and still have complete protein in soup.

*Cindy (Converse) Ash '47*

## **CARROT SOUP**

2 lbs. fresh carrots  
3 med. potatoes  
3 ribs of celery  
1 med. onion, peeled, cut 1/4  
inch slices

1 qt. College Inn chicken stock  
1/4 lb. sweet butter  
Salt, pepper, chopped parsley

Melt butter. Add all vegetables. Stir to coat with butter. Cover, simmer low heat until celery and onions become translucent. Add chicken stock. Cover, cook on medium heat 30 to 40 minutes. Add salt and pepper. Cool. Puree in blender. Serve with sprinkle of parsley. Serves 6 to 8.

*Mary Beth Ashe '90*

## **CARROT SOUP WITH HONEY AND GINGER**

3 lbs. carrots, shredded  
5 pts. water, boiling  
12 turns pepper  
1/3 lemon's juice  
3 tsp. sea salt  
2 tbsp. ginger root

3 onions  
1/4 c. honey  
1 1/2 c. butter  
1/4 c. chives  
1/2 c. heavy cream for garnish,  
drizzled on top for serving

Peel onions and slice. 1 1/2 cups butter are placed into a stockpot and onions are added. Slice and smash (like garlic) and add ginger, then carrots, and cloves. Add lemon juice, salt and pepper and honey. Add boiling water and cook 30 minutes. Puree all and serve drizzled with heavy cream and chives. Serves 10.

## GAZPACHO COLD SOUP

- |   |                                       |
|---|---------------------------------------|
| 12 fresh plum tomatoes, peeled and seeded           | 1 fresh green pepper                  |
| 1 clove garlic, chopped                             | 1 fresh red pepper, roughly chopped   |
| 1 cucumber, peeled, seeded and chopped              | 1/4 c. olive oil                      |
| 1/2 med. onion, chopped and rinsed under cold water | 2 oz. red wine vinegar                |
| 2 stalks celery                                     | 2 tbsp. chopped fresh cilantro leaves |
|   | Salt and pepper to taste              |

Place all ingredients in food processor and process until roughly pureed. Garnish with plum tomatoes, celery and fresh cilantro leaves.

*Donald Chappell  
Husband of Wendy Weiler '71*

## GAZPACHO

- |                                     |  |
|-------------------------------------|--|
| 1 doz. very ripe beefsteak tomatoes | 2 cloves garlic                                |
| 2 red bell peppers                  | 2 thick slices crusted French or Italian bread |
| 2 med. cucumbers                    | 1/4 c. olive oil                               |
| 1 med. onion                        | 1/4 c. balsamic vinegar                        |

Peel, seed and core tomatoes. Core and seed peppers. Peel and seed cucumbers. Quarter the onion. Puree all ingredients in blender (or processor). Add salt, pepper, extra virgin olive oil and balsamic vinegar. Add oil gradually so it emulsifies. Pass ingredients through a strainer. Garnish with chopped tomato, finely chopped onion, green and yellow peppers. Serve with croutons or crouton sticks.

*Dr. Alan Sandman  
Cousin of Ellen Weintraub '71*

## BAKED POTATO SOUP

2 lg. baking potatoes (8 oz.)	1/4 tsp. pepper
3 tbsp. thinly sliced green onion	4 c. milk
1/3 c. margarine or butter	3/4 c. shredded Cheddar or
1/3 c. all purpose flour	Gouda cheese (3 oz.)
2 tsp. snipped fresh dill (or 1/4	3 tbsp. thinly sliced green onion
tsp. dried dill weed)	4 slices bacon, crisp cooked,
1/4 tsp. salt	drained and crumbled

Scrub potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork or knife. Bake in a 425 degree oven for 40 to 60 minutes or until tender. Let cool. Cut potatoes lengthwise in half (scooping out potato is optional, I prefer to use potato skin and all).

In a large saucepan cook 3 tablespoons green onion in margarine or butter until tender; stir in flour, dill, salt and pepper. Add milk all at once. Cook and stir until thickened; bubbly. Cook and stir for 1 minute more. Add potatoes and 1/2 cup of the shredded cheese; stir until melted.

Garnish each serving with shredded cheese, green onion and bacon. A meal in a bowl, very filling.

*Augusta Harrison Dunstan '88*

## FRENCH ONION SOUP

1 tbsp. unsalted butter  
3 lbs. yellow onions (about 6 med.) peeled and thinly sliced  
5 c. beef broth, preferably homemade  
1/2 c. apple juice  
1 1/2 tsp. kosher salt, plus more to taste

Freshly ground pepper to taste  
1 tbsp. Cognac  
8 to 12 (1/4 inch thick) slices French baguette, depending on the diameter of the loaf  
1/4 lb. Gruyere cheese, grated

Melt the butter in a large, heavy skillet over medium to high heat. Add the onions and cook, stirring often, until caramelized and very soft, about 30 minutes. Place in a large saucepan. Add the broth, apple juice, 1 1/2 teaspoons of salt and pepper. Bring to a boil, lower the heat and simmer for 30 minutes. Stir in the Cognac. Taste, and add more salt, if needed.

Just before serving, preheat the broiler. Reheat the soup if necessary, and ladle into the 4 large ovenproof bowls. Cover each with the bread, sprinkle with cheese and broil until melted and just beginning to brown, about 2 minutes. Carefully remove from oven and serve immediately. Yield: 4 servings.

*New York Times*

## ITALIAN BEAN SOUP

1 lb. white cannellini beans  
1 lg. potato, peeled and cut in chunks  
2 qts. chicken broth  
1/4 c. olive oil

2 tbsp. parsley, chopped  
2 garlic cloves  
2 c. tomato sauce  
Parmigiano Reggiano to taste as a garnish

Soak 1 lb. white cannellini beans overnight. Soak potato chunks also. Place in 2 quarts chicken broth over a low flame and simmer 45 minutes. Into a saucepan place 1/4 cup olive oil, 2 tablespoons parsley, chopped; 2 garlic cloves, chopped, and brown over medium heat until garlic is golden. Add 2 cups tomato sauce. Puree all (beans and potato) in a food processor. Add tomato to bean mixture. Cook for another 15 minutes. Sprinkle with fresh Parmigiano Reggiano on top.

## **YAM SOUP WITH YOGURT**

- |  |   |
|--|---|
| 6 med. yams, about 2 pounds,<br>peeled, cut into 1 inch chunks | 1 tbsp. fresh thyme leaves                                    |
| 1 red onion, peeled, coarsely<br>chopped                       | 1 1/2 qts. chicken broth,<br>homemade or low sodium<br>canned |
| 1 sm. clove garlic, peeled, finely<br>chopped                  | 1/2 tsp. salt   |
| 3 carrots, peeled, coarsely<br>chopped                         | 1 tsp. freshly ground pepper                                  |
| 1 rib celery, coarsely chopped                                 | 6 tbsp. plain low fat yogurt                                  |
| 1 bay leaf   | 6 sprigs flat leaf parsley, stems<br>removed, finely chopped  |

Put the yams, onion, garlic, carrots, celery, bay leaf, thyme and chicken broth in a large pot. Bring to a boil over medium high heat. Lower the heat and simmer until the yams are tender, about 30 minutes.

Puree the vegetables and broth in a blender until smooth. Pass the soup through a sieve. Continue to puree and strain until all of the vegetables and broth have been used. Season with salt and pepper.

Ladle the soup into bowls and garnish with dollops of yogurt and chopped parsley. Yield: four to six servings.

## **ANDALUSIAN FISH SOUP**

- |   |                         |
|---|-------------------------|
| 1 carrot, peeled, julienned and<br>sliced | 1/2 tsp. thyme          |
| 1 leek, white part only, diced            | 1 garlic clove, chopped |
| 1/2 med. onion, diced finely              | 2 tbsp. tomato puree    |
| 4 tbsp. olive oil                         | 4 c. fish stock         |
| 1 bay leaf                                | 1 lb. clams             |
| 1 lb. grouper, boned and cubed            | Salt and pepper         |
| 1/2 tsp. saffron                          | 1/4 c. brandy           |

Heat 2 tablespoons oil, add bay leaf and diced vegetables. Stir and saute until soft. Salt and pepper grouper. To vegetables, add saffron, thyme, garlic and tomato puree, warm fish broth and simmer.

Drizzle remaining 2 tablespoons oil into a skillet and add grouper cubes and clams. Shake pan until clams start to open. Add brandy to fish and ignite. When flames die down, add fish to soup. Place in a pretty soup tureen.

## HEARTY LEEK SOUP

2 tbsp. butter	1 bunch parsley, finely chopped
2 onions, finely chopped	3/4 c. Arborio rice
4 leeks, white and light green	1 tsp. salt
parts only, finely chopped	1 1/2 c. Fontina or Gruyere
4 med. potatoes, peeled and diced	cheese, grated

Preparation: 20 minutes. Cooking: 30 to 35 minutes. In a large saucepan, melt the butter over low to medium heat and cook the onions until softened, stirring frequently, about 5 minutes. Stir in the leeks, potatoes, parsley, rice and salt. Add 10 cups of water, stir, and bring to a boil. Reduce heat, cover and simmer 30 to 35 minutes, stirring occasionally. Stir in the cheese just before ladling into bowls. Soup should be piping hot. Serves 6.

## **CORN CRAB BISQUE**

Cook 6 ears corn for 5 minutes in plenty of boiling water to cover. Cool and cut from the cob and set aside.

Saute in 1/4 cup butter:

**1/2 c. spring onion (scallions)  
diced**

**1/2 c. red pepper, diced**

Add:

**2 c. shrimp stock  
1 tbsp. fresh thyme  
2 splashes Tabasco**

**Juice from cooked corn  
1/2 c. white wine**

**ROUX:**

**1/4 c. flour to thicken (or use  
arrowroot)**

**1/4 c. oil**

Whisk over medium heat and add:

**3 1/2 c. heated whipping cream**

Add cooked corn and heated cream. Add 1 lb. jumbo lump crabmeat. Garnish with chopped parsley and chopped green onion.



## HOT AND SOUR SOUP

1 (8 oz.) can straw mushrooms	1 tsp. salt
1/2 lb. pork boneless loin	1/2 c. shredded bamboo shoots
1/2 tsp. cornstarch	2 tbsp. cornstarch
1/2 tsp. salt	2 tbsp. cold water
1/2 tsp. soy sauce	1/4 tsp. white pepper
4 to 6 oz. bean curd	2 eggs, slightly beaten
4 c. chicken broth	2 tbsp. chopped green onions
3 tbsp. white vinegar	2 tsp. red pepper sauce
1 tbsp. soy sauce	1/2 tsp. sesame oil

Soak mushrooms in warm water until soft, about 30 minutes. Rinse in warm water; drain. Remove and discard stems; cut caps into slices. Trim fat from pork and shred pork. Toss pork, 1/2 teaspoon cornstarch, 1/2 teaspoon salt and 1/2 teaspoon soy sauce in bowl. Cover and refrigerate for 15 minutes. Cut bean curd into small pieces. Heat chicken broth, vinegar, 1 tablespoon soy sauce and 1 teaspoon salt to boiling. Stir in bamboo shoots, mushrooms, pork and bean curd. Boil then reduce heat. Cover and simmer 5 minutes. Mix 2 tablespoons cornstarch, water, white pepper; stir into soup. Heat to boiling, keep stirring. Pour egg slowly into soup stirring with fork until eggs form shreds. Stir in green onion, pepper sauce and sesame oil. Serves 5.

*Christine Corcoran Traut '85*

## WILD ASPARAGUS SOUP

1 lg. bunch wild asparagus, peeled with tough ends cut off	6 oz. Chorizo or other sausage
1 bunch coriander or parsley	2 tbsp. vinegar
2 garlic cloves	1 tbsp. flour
6 oz. bacon fat or 4 oz. butter	1/2 lb. crusty bread, cubed
	1 tsp. salt

Place a pot of water on stove at high heat with only about 1 inch of water. Snap asparagus into 1 inch pieces and steam them. Chop coriander finely. Place in a mortar and crush garlic with a pestle. Cut chorizo into 1/4 inch slices and chop bacon fat and coat bottom of a pan. Brown and empty into a bowl.

Add asparagus to fat. Add coriander mixture and stir. Add 1 1/2 cups water and stir further. Add vinegar. Chorizo, bacon, flour and water are mixed and are added to marpasa thickener. Heat 5 minutes, stirring. Add bread cubes as a garnish. Serves 4.

## CREOLE BOUILLABAISSE

Gumbo crabs  
Shrimp shells

Onions, leeks, pepper, celery  
Garlic

Place diced onions, leeks, pepper, and celery in large olive oiled heavy skillet. Add halved crabs and shrimp shells, add lots of garlic, diced, add diced tomatoes, jalapeno peppers, carrots, salt. Saute slowly for at least one hour until browned, or caramelized. Add a pinch of saffron. When browned, add fish stock to deglaze, then cook 20 minutes. Add 2 sprigs thyme and some rough chopped basil. Process the mixture now. Strain through a chinoise and push all liquid out. Set aside.

In a very large olive oiled skillet add lots of minced garlic, and roast it in the pan until brown. Add mussels, add seafood sausage (removed from the casing), salt and pepper, and add shrimp. When garlic turns golden, deglaze with wine. Add trout. When mussels open, add blanched quartered unpeeled potatoes. Remove fish when browned, add bouillabaisse sauce, oysters, crab fingers. As sauce reduces it will thicken up. Serve.

*Commander's Palace Restaurant  
New Orleans*

## COLD STRAWBERRY SOUP

1 qt. fresh strawberries, hulled and coarsely pureed	6 tbsp. honey 16 oz. plain yogurt
2 c. freshly squeezed orange juice	Fresh strawberries for garnish

In a large bowl, whisk together strawberry puree, orange juice and honey. Gently stir in yogurt until blended. Chill at least 4 hours before serving. Serve in chilled bowls topped with a strawberry. Serves 6 to 8.

*Lesley L. Byers '94*

## LETTUCE SOUP

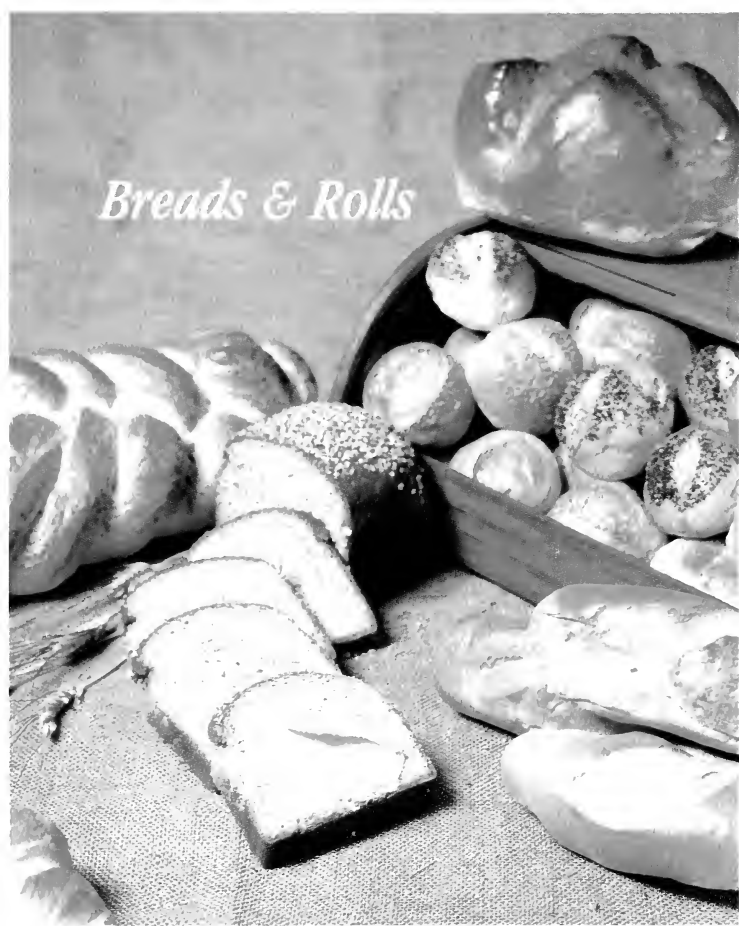
1 head Romaine lettuce, washed and chopped coarsely	Chicken broth (if canned add water)
2 tbsp. rice	1 tbsp. butter
1 sm. onion, diced	

In kettle, saute onion in butter until translucent. Add Romaine, cover for 5 to 10 minutes until wilted. Add chicken broth and rice. Cook until rice is tender. Serve with grated Parmesan cheese.

*Blair Redd Barnes '89*

## **\*\*\*EXTRA RECIPES\*\*\***

*Breads & Rolls*



## FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed  $\frac{1}{2}$  inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness - tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.



## **SOUTHERN BISCUITS**

**3 to 3 1/4 c. self rising flour**

Should be made from soft wheat such as Red Band or White Lily.

**1/2 c. plus 2 tbsp. chilled Crisco    1 c. (more or less) buttermilk shortening**

Preheat oven to 450 to 475 degrees. Sift flour and cut in Crisco with pastry blender until mixture look like cornmeal. Make a well in the middle and add buttermilk all at once. Stir until mixture sticks together and turn out on floured surface.

Knead a few times until smooth. Roll out and cut straight down with biscuit cutter. Dough should be about 1/2 inch thick. Place biscuits close together on unbuttered baking sheet and cook until brown on top and bottom, 8 to 10 minutes. Before baking stick tops of biscuits twice with fork tines.

Best eaten right out of oven with thin slice of country ham. Can be frozen.

*Sarah P. Boehmler '65*

## **FEATHERWEIGHT BISCUITS**

**4 c. flour  
2 tbsp. sugar  
2 tbsp. baking powder**

**2 tsp. salt  
2 1/2 c. heavy cream**

Combine dry ingredients. Stir in cream until stiff dough forms. Knead dough a bit. Roll dough on floured board. Cut with round cookie cutter. Dip each biscuit in butter if desired. Bake at 425 degrees for 12 minutes. Best eaten immediately.

If only a few biscuits are desired, work with small amount of dry ingredients, adding cream to desired consistency. Save remaining ingredients for another time.

*Lea Osborne Angell '69*

## DILL BISCUITS

1/4 c. butter, melted  
1 tbsp. dried dillweed  
3 tbsp. finely chopped onion

1 (11 oz.) can refrigerated  
buttermilk biscuits

Combine first 3 ingredients. Cut biscuits in half. Dip each half in butter mixture. Place on ungreased pan. Bake at 400 degrees for 12 to 14 minutes. Serves 10.

*Connie Carter  
Mother of Hopie Carter '94*

## SWEET POTATO BISCUITS

2 c. cooked mashed sweet  
potatoes  
1/2 c. sugar

1/4 c. margarine or butter  
2 1/2 c. Bisquick

Mix melted butter with sugar and sweet potatoes. Add to Bisquick and mix thoroughly. Knead lightly. Roll out on floured board. Use a biscuit cutter or a glass to cut biscuits. Bake at 400 degrees for 15 to 20 minutes in a greased baking pan.

*Wendy C. Weiler '91*

## CORN BREAD

1 c. buttermilk  
1 c. white cornmeal  
1/2 c. flour  
1/2 tsp. baking soda  
1 tsp. baking powder

1 tsp. sugar  
1/2 tsp. salt  
1 egg  
2 tbsp. Crisco shortening

Preheat oven to 425 degrees. Melt Crisco in 8 x 8 x 2 brownie pan while oven is preheating. Sift dry ingredients together, set aside. Beat egg and add buttermilk, mix well. Add dry ingredients to egg mixture and mix well. Carefully tilt pan from side to side to ensure that sides and bottom of pan are coated with melted shortening, then pour mixture into pan. Bake at 425 degrees for 20 to 25 minutes.

*Carrie Maynard Nichols '81*



## CORNMEAL BLACK PEPPER BREAD

2 1/4 c. flour  
2/3 c. plus 2 tbsp. buttermilk  
1/2 c. plus 1 tsp. yellow  
cornmeal

1 tbsp. plus 1 tsp. vegetable oil  
2 tsp. salt  
2 tsp. freshly ground pepper  
1 egg yolk

Mix on low speed of mixer for about 5 to 5 1/2 minutes until the dough forms a ball. Coat inside of a stainless steel bowl with the remaining vegetable oil. Place dough in the bowl.

Cover with plastic wrap, and allow dough to rise in a warm location about 1 1/2 hours, until it has doubled in volume. Flatten the dough into an 8 by 10 inch rectangle. Tightly roll the flattened dough into a 2 1/2 inch high by 10 inch long loaf. Transfer to a baking sheet that has been sprinkled with the remaining teaspoon of cornmeal.

Loosely cover with plastic and allow the loaf to rise in a warm location until doubled in size, about 45 minutes. Whisk the remaining 2 tablespoons buttermilk with egg yolk, then lightly brush the top of the loaf with this egg wash.

Cut three diagonal evenly spaced cuts on the surface of the loaf and bake for 30 to 35 minutes in a preheated 350 degree oven.

*Marcel De Saulniers*  
*"The Burger Meister"*

## POPOVERS FOR TWO

No more effort than a scrambled egg,  
but boy will you get rave reviews!

1/2 c. milk, whole or skimmed  
1/2 c. flour

1 egg  
Pinch of salt

Whisk above 4 ingredients and pour into a vegetable oil sprayed muffin tin (makes about 6). If the tin is for 12, pour water into empty cups. Alternatively, the recipe doubles well.

Place in a COLD oven set to 450 degrees for 25 to 30 minutes. Serve piping hot from the oven with butter and honey (or syrup).

I add about 1 teaspoon of bran into the batter to eat my daily bran painlessly.

*Ellen Weintraub '71*

## POPOVERS

5 lbs. flour  
1 oz. salt  
1 gal. milk

1 1/2 qts. eggs  
1/2 c. salad oil

Beat flour, salt and milk. Add eggs and oil. Beat 2 minutes on high speed. Bake at 400 degrees for 45 minutes to 1 hour. Pour into hot greased muffin tins. Yields: 12 dozen.

*Archie Waldron  
Director, Food Services  
Sweet Briar College*

## SALT STICKS

This is a great alternative to rolls or bread sticks with almost any dinner. I particularly like them with cold salad dinners and with steak or Fettuccini Alfredo. Quick and easy.

<b>Thomas' English muffins (I</b>	<b>Butter</b>
<b>usually use 2 muffins for 3</b>	<b>Salt</b>
<b>people)</b>	

Cut each whole muffin in strips, approximately 1/8 to 1/4 inch thick. Melt butter in saucepan. Let each muffin strip absorb butter on each side, turn occasionally. Place on a cookie sheet and salt tops.

Bake at 350 degrees until browned slightly on each side. Heat can be lowered to allow for more cooking time of entree.

*Blair Redd Barnes '89*

## FOCACCIA

### SPONGE:

1 tsp. active dry yeast                      3/4 c. unbleached flour  
1/2 c. warm water, 105 to 110  
degrees

Sprinkle yeast over warm water in a large mixing bowl. Whisk; let stand until creamy, about 10 minutes. Stir in flour. Cover tightly with plastic wrap; let stand until bubbly and doubled in volume, about 45 minutes.

### DOUGH:

1 tsp. active dry yeast                      3 1/4 c. unbleached flour  
1 c. warm water                              1 to 2 tsp. sea salt  
3 tbsp. extra-virgin olive oil

Sprinkle yeast over warm water in a small bowl. Let stand until creamy, about 5 to 10 minutes. With a wooden spoon, stir the yeast mixture and the olive oil into the sponge and mix well. Stir in 1 cup flour and salt. Stir in enough of remaining flour to produce a soft dough. Knead on a lightly floured board until soft and smooth, about 6 to 8 minutes. Place dough in a lightly oiled bowl, cover tightly with plastic wrap; let rise until doubled, about 1 to 1 1/4 hours, or in refrigerator overnight. Divide in half; press into two lightly oiled 9 inch round cake pans. If dough shrinks from the sides, let rest a few minutes and then stretch it again.

### TOPPING:

2 tbsp. extra-virgin olive oil              2 tsp. basil, or 1 tbsp. fresh  
1 tsp. coarse sea salt                      chopped basil  
1 tbsp. rosemary                              2 to 3 Italian plum tomatoes

Add sliced plum tomatoes; I place them on their sides in a circle. Sprinkle top with rosemary, basil, and chopped garlic. Cover with a towel and let it rise in a warm place for 45 minutes, or until dough is full of air bubbles. Just before baking, press your fingertips deep into the dough all over the surface to evenly dimple the loaf. Drizzle with olive oil and sprinkle LIGHTLY with sea salt (or omit salt). Bake at 425 degrees for 20 to 25 minutes, until golden. Remove from pan and cool on a wire rack.

*Ellen Weintraub '71*

## **SPOON BREAD**

8 oz. creamed corn	1 egg
8 oz. whole kernel corn	1 stick margarine, soft
8 oz. sour cream	1 sm. pkg. Jiffy corn bread mix

Mix all ingredients in bowl with spoon (do not need mixer). Bake in glass pan for 30 minutes at 350 degrees.

## **LOGAN BREAD**

1 qt. water	2 c. honey
4 lbs. whole wheat flour	1 c. black strap molasses
1 1/2 lbs. raw sugar or brown sugar	1 1/4 c. oil
12 oz. non fat dry milk solids	1 c. sesame seeds
2 tbsp. baking powder	1 1/2 c. wheat germ
2 tbsp. sea salt (I use regular salt)	

Preheat oven to 300 degrees. Mix all ingredients very well and turn into a greased roasting pan. Bake 1 hour. Cut into 2 x 2 squares and allow to air dry until squares are semi-dry.

*Connie Carter  
Mother of Hopie Carter '94*

## **BASIC BRUSCHETTA**

- 8 (1/4 inch) thick slices crusty bread      1/3 c. extra-virgin olive oil  
3 lg. garlic cloves, cut in half lengthwise      Salt

Toast the bread lightly on both sides under a broiler or on a grill. (Never use a toaster.) While still hot, rub each slice on one side with garlic, pressing hard to release the juices into the bread. Sprinkle with salt to taste. Serve as is or spoon on the topping of your choice (recipes follow) Makes 4 servings.

### **TOMATO AND HERB TOPPING:**

Stir together 1/4 cup extra-virgin olive oil; 1 large sweet ripe tomato, seeded and chopped; 1/2 teaspoon finely chopped fresh thyme (or 1/4 teaspoon crumbled dried thyme); 1 tablespoon finely chopped fresh basil and salt and pepper to taste.

### **LEMON, CAPER AND OLIVE TOPPING:**

Stir together 1/4 cup extra-virgin olive oil; 1 tablespoon freshly squeezed lemon juice; 3 tablespoons chopped, pitted imported green olives and 2 teaspoons drained small capers.

## **BRUSCHETTA WITH SAUTEED ESCAROLE**

This is my favorite bruschetta. Though mixing raisins, olives and escarole may seem odd, the result is delicious.

- |  |   |
|--|---|
| <b>2 tbsp. raisins</b>                 | <b>3 garlic cloves, peeled and finely</b> |
| <b>2 tbsp. pine nuts</b>               | <b>chopped</b>                            |
| <b>1/3 c. Kalamata olives, pitted</b>  | <b>Salt</b>                               |
| <b>and quartered</b>                   | <b>6 thick slices country bread</b>       |
| <b>1 med. head escarole</b>            | <b>3 garlic cloves, peeled and cut in</b> |
| <b>4 tbsp. extra-virgin olive oil,</b> | <b>half</b>                               |
| <b>plus more for drizzling on</b>      |   |
| <b>bread</b>                           |   |

Place raisins in a small bowl and cover with warm water for about 20 minutes or until they plump up. Drain. In a small saute pan, toast the pine nuts by stirring them frequently over medium to low heat. As soon as the pine nuts are light brown, transfer them to a small dish.

Remove any wilted or bruised leaves from escarole. Wash well under cold running water. Drain and cut into strips. (It's OK if some water clings to the escarole.)

Place the olive oil, garlic and escarole into a large saute pan. Season with salt to taste. Saute over medium to low heat until the escarole is tender, about 10 minutes. A few minutes before the escarole is ready, add the raisins, pine nuts and black olives and toss.

Grill or lightly toast the bread. Rub with the cut side of the garlic cloves and drizzle with olive oil. Distribute the escarole over the grilled bread and serve immediately. Makes 4 servings.

## **NEW ZEALAND HEAVENLY SCONES**

- |                                     |                      |
|-------------------------------------|----------------------|
| <b>1 c. flour</b>                   | <b>1/2 tsp. salt</b> |
| <b>1 heaping tsp. baking powder</b> | <b>Milk to mix</b>   |

Make a very stiff dough. 2 tablespoons butter is rubbed into dough gently with fingers. Pat dough smooth. Separate into biscuit segments. Bake at 450 degrees about 10 minutes. Serve with jam topped with whipped cream. Remember, you can add a bit of sugar to dough or a few chopped dates.

*Jeanne C. B. Weiler  
Mother of Wendy C. '71, Patricia '76 and Pamela '79*

## CREAM SCONES

Plump dried fruits of your choice (apricots, currants, raisins, cherries, cranberries, etc.)

Put in water at least 20 minutes.

Combine dry ingredients:

1 c. flour  
1/4 c. sugar

1 tsp. baking powder  
1/2 tsp. salt

Add:

1/2 c. cream

Drained dried fruit

Let dough rest covered 1 hour (or refrigerate overnight). Take dough out of bowl and place in a lightly floured 9 inch cake pan. Press to edges all around and lightly flour. Turn upside down and brush off flour with pastry brush. Divide in 8 triangles and place on a parchment lined baking pan. Brush with heavy cream and dust with AA confectioners' sugar. Bake at 425 degrees for 15 to 20 minutes. Serve with clotted cream and strawberry jam. Makes 8 scones.

*from "Cooking at the Academy"*

## BLUEBERRY MUFFINS

1/4 c. softened butter  
1/2 c. sugar  
1 egg  
3/4 c. milk  
1/4 tsp. vanilla

1 3/4 c. plus 1 tablespoon flour  
2 1/2 tsp. baking powder  
1/2 tsp. salt  
1 c. blueberries (drained, if canned)

Cream butter and sugar until fluffy. Beat in egg, add milk and vanilla and beat until nearly smooth. Stir together 1 3/4 cups flour, baking powder and salt and add to milk mixture. Stir just until dry ingredients are moistened. Batter should be lumpy.

Toss blueberries with remaining tablespoon flour and fold into batter. Spoon into 12 muffin cups, greased or lined with paper muffin cups. Bake in preheated, 425 degree oven 25 minutes or until evenly golden brown. Makes 12.

## LEMON POPPY SEED BREAD

1/2 lb. butter	1 tsp. salt
2 c. sugar	1 c. milk
4 eggs	1/2 c. sugar
The rind of 2 lemons, grated	The juice of 2 lemons
3 c. flour	1/2 c. poppy seeds
2 tsp. baking powder	

Cream butter and 2 cups sugar together, add eggs, beat well, add lemon rind and beat. Sift together flour, baking powder and salt. Add these dry ingredients alternately with milk to butter mixture. Stir in poppy seeds. Divide into 3 loaf pans (8 x 4). Bake at 350 degrees for 45 to 60 minutes. When done cool on wire racks covered with wax paper. Mix 1/2 cup of sugar with lemon juice and pour over loaves. Let cool and serve. May be frozen. Makes 3 loaves.

*Kearsley Walsh '81*

## BANANA BREAD

8 tbsp. or 1 stick sweet butter, at room temperature	1 tsp. baking soda
3/4 c. brown sugar	1/2 tsp. salt
2 eggs	4 med. ripe bananas, mashed
2 c. unbleached, all purpose flour	2 tsp. vanilla extract

Preheat oven to 350 degrees F. Grease 1 regular size loaf pan, 12 regular muffin cups or 6 extra large muffin cups. Sift flour, salt and baking soda together, set aside. Cream butter and sugar together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add dry mixture to creamed mixture and mix well. Fold in mashed bananas and vanilla. Pour mixture into pans and bake until cake tester inserted in the center comes out clean (50 to 60 minutes for loaf, 20 to 25 minutes for regular muffins and 35 minutes for extra large muffins.) Cool in pan for 10 minutes, then on rack.

*Carrie Maynard Nichols '81*



## BANANA BREAD

1 c. granulated sugar  
1/2 c. melted butter  
2 eggs  
3 very ripe bananas

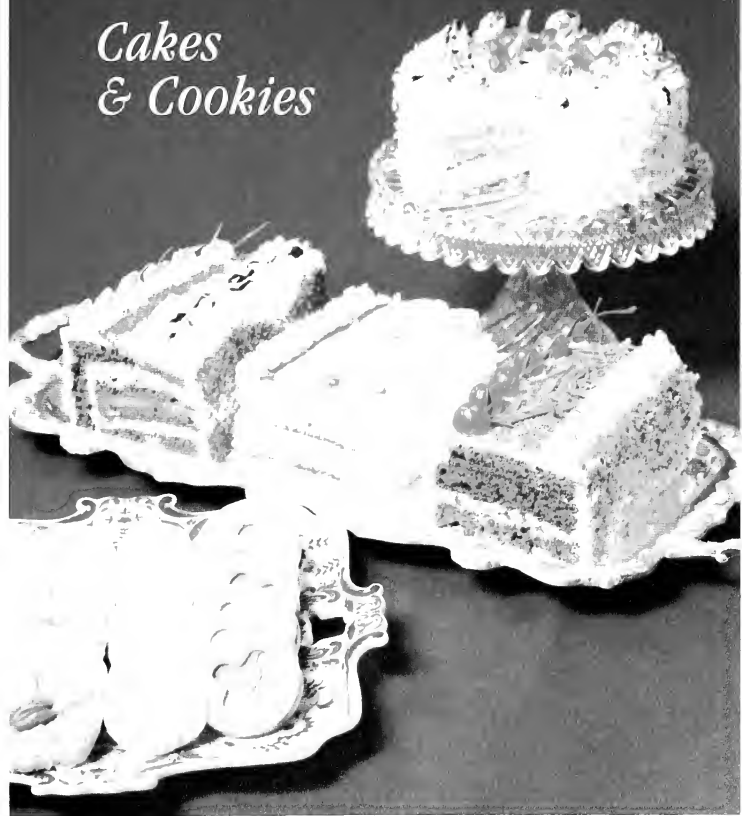
1 tsp. baking powder  
1/2 tsp. baking soda  
2 c. sifted flour  
1/2 c. chopped nuts (optional)

Mix melted butter and sugar together. Add eggs, mix. Mix sifted dry ingredients together. Add them to butter, sugar and eggs. Add bananas and nuts (optional). Bake in well greased loaf pan about 1 hour at 350 degrees. Test with toothpick.

*Ginger Karren '52*

# **\*\*\*EXTRA RECIPES\*\*\***

*Cakes  
& Cookies*



## EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil - it blends easily, adds moistness and contributes toward a tender texture.

Throwaway Cake Plate - Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc. - it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn't waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam...the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil - any trace of oil will prevent the egg whites to fluff up.

Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, "and add one egg," can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO - Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature 25 degrees F. If baking more than 1 at a time,

arrange the pans in the oven so that you get the best air flow - stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)



## **SWEET BRIAR COOKIES**

### **ROSA FRANKLINS**

**1 egg white**  
**1 c. dark brown sugar**  
**2 c. pecan halves**

**2 tsp. vanilla**  
**Pinch baking soda**

Beat egg white. Cream in sugar. When light and fluffy add flavorings. Fold in pecans. Place on a treated cookie sheet using a tablespoon. Bake 25 minutes at 300 degrees. Yields: 25 to 30.

### **CHOCOLATE MACAROONS**

**2 oz. dark Baker's chocolate**  
**1 1/3 oz. sugar**  
**7 oz. condensed milk**  
**1 3/4 oz. shredded coconut**

**1/2 c. chopped nuts**  
**1/2 tsp. vanilla**  
**Pinch salt**

Melt the chocolate and sugar in a double boiler. Add and mix in the following ingredients in the order they appear: milk, vanilla, coconut, nuts and salt. Using a tablespoon or small scoop, place on a cookie sheet. (The use of baking paper is recommended.) Bake 15 to 20 minutes at 300 degrees. Allow to cool. Yields 25 cookies.

*The Sweet Briar Sampler*

## ALMOND MACAROONS

### FOR 50 COOKIES:

1 lb. almond paste  
1 lb. sugar

6 1/3 oz. egg whites  
3 tsp. corn meal

### FOR 100 COOKIES:

2 lbs. almond paste  
2 lbs. sugar

12 1/3 oz. egg whites  
3 tsp. corn meal

Beat egg whites. Add almond paste, sugar and cornmeal and mix well. Take 1 teaspoon of mixture, flatten fairly thin with hands or put through a pastry tube. Set on a baking sheet covered with brown paper and cook at 350 degrees until light brown. When cool the macaroons can be removed from paper without breaking.

*Linda Spence Brown*

## ONE BOWL MACAROONS

Preparation time: 10 minutes. Baking time: 10 to 12 minutes.

2 2/3 c. Baker's angel flake  
coconut

2/3 c. sweetened condensed milk  
1 tsp. vanilla

Heat oven to 350 degrees. Mix coconut, milk and vanilla in large bowl. Drop by teaspoonsful, about 1 inch apart, onto well greased cookie sheets, pressing down ends of coconut with back of spoon.

Bake 10 to 12 minutes or until golden brown. Immediately remove from cookie sheets. Cool on wire racks. Makes about 4 dozen.

## CORNFLAKE MACAROONS (COCONUT KISSES)

2 c. cornflakes  
1 c. coconut (shredded)

2 egg whites, beaten stiff  
1/2 c. sugar

Combine ingredients. Place mixture by teaspoonfuls on greased (slightly) cookie sheet. Bake for 8 minutes at 375 degrees. Yield: 48 cookies approximately.

*Gail Lloyd '60*

## HAZELNUT CRESCENTS

1 3/4 c. flour  
12 tbsp. butter  
1/2 c. sugar  
1/2 c. ground hazelnuts or walnuts

1/8 tsp. salt  
Grated rind of one lemon  
1 egg yolk  
1/2 tsp. pure vanilla extract  
1/4 c. confectioners' sugar

Preheat the oven to 350 degrees. Combine the flour and all the remaining ingredients, except the confectioners' sugar, in a mixing bowl. Blend and knead until the mass is cohesive. Shape into approximately 50 balls, using about one teaspoon of dough for each. Flatten the balls and shape them into crescents. As they are shaped arrange them on an ungreased baking sheet. Place the crescents in the oven and bake 10 to 12 minutes or until cooked. Sprinkle with confectioners' sugar and let cool. Yield: 50 crescents.

*Ellen Weintraub '71  
originally from NY Times  
(about 20 years ago!)*

## **PENNSYLVANIA DUTCH SAND AND CHESS TARTS**

Sand tarts are not really tarts but cookies.

**1 c. butter  
2 c. sugar  
2 eggs**

**3 1/2 c. flour  
2 tsp. baking powder**

Mix, refrigerate, then roll very thin. Cut into diamond shapes, brush with beaten egg, cover with granulated sugar and cinnamon or nutmeg. Bake at 350 degrees until crisp.

### **CHESS TARTS WHICH REALLY ARE TARTS:**

**1 stick butter  
1 c. sugar  
2 eggs**

**1 c. raisins  
1 c. shelled walnuts  
1 tsp. vanilla**

Mix, fill tart shells two thirds full and bake at 350 degrees for 30 minutes. These recipes are a legacy of Pennsylvania Dutch Forbears and a Christmas Tradition at my house.

*Katherine Scott Soles '32*



## PECAN TASSIES

1 (3 oz.) pkg. cream cheese  
1/2 c. butter or margarine

1 c. sifted flour

Let cream cheese and 1/2 cup butter or margarine soften at room temperature, blend together. Stir in flour. Chill about 1 hour. Shape in 2 dozen 1 inch balls, place on ungreased 1 3/4 inch muffin pans. Press dough evenly against bottoms and sides of each.

### PECAN FILLING:

1 egg  
3/4 c. brown sugar  
1 tbsp. butter or margarine,  
softened

1 tsp. vanilla  
Dash salt  
2/3 c. coarsely broken pecans

Beat together egg, brown sugar, the 1 tablespoon butter, vanilla and salt until smooth. Divide half the pecans among pastry lined pans, add egg mixture and top with remaining pecans. Bake slow oven at 325 degrees for 25 minutes.

*Mary Beth Ashe '90*

## RUGALECH

1/2 lb. butter  
1/2 lb. cream cheese

Dash salt  
2 to 2 1/2 c. flour

### FILLING:

Cinnamon and sugar (blended)  
1/2 lb. chopped nuts (walnuts or  
cashews)

Optional: apricot or strawberry  
preserves, honey or chocolate  
chips

In a large bowl put butter and cream cheese and let stand until very soft. Slowly add flour and with large fork, work it into the butter and cream cheese until it holds together. If it is still sticky use a little bit more flour until you can handle it.

Make dough: make it into a log. Place in refrigerator to get chilled (wrap in either wax paper or silver foil).

Prepare board—lightly dusted with flour. Cut pieces of dough, roll out in the length. Sprinkle generously with sugar and cinnamon. Sprinkle chopped nuts and roll gently making a log.

Dip a silver knife in a glass of water and cut in bite size pieces. Then dust top again with sugar and cinnamon mix. Bake at 350 degrees until golden, about 15 to 20 minutes. I sometimes put apricot preserves with the nuts and cinnamon and sugar before I roll them.

*Belle Weintraub*

*Mother of Ellen Weintraub '71*

## LEMON SQUARES

In a bowl blend:

<b>1 c. flour</b>	<b>1/4 c. confectioners' sugar</b>
<b>1 stick butter, cut into bits</b>	

Mix until the mixture resembles meal, pat the mixture into an 8 inch square baking pan, and bake it in a preheated moderate oven (350 degrees F) for 12 to 15 minutes, or until it is pale golden.

In another bowl beat:

<b>2 eggs, until they are light and lemon colored</b>	<b>3/4 c. sugar 3 tbsp. lemon juice</b>
---	---

Beat this mixture for 8 minutes. Sift in:

<b>1/2 tsp. double acting baking powder</b>	<b>2 tbsp. flour</b>
---	----------------------

Stir the mixture until it is combined. Pour the mixture over the baked layer and bake the dessert in the moderate oven (350 degrees F) for 20 minutes, or until it is golden.

**Confectioners' sugar**

Sift confectioners' sugar over the top. Let the dessert cool and cut into 2 inch squares.

## CHEESECAKE SQUARES

1 c. graham cracker crumbs  
1 c. sugar, divided  
3 tbsp. margarine, melted  
1 (16 oz.) container cottage  
cheese

1 (8 oz.) pkg. cream cheese  
3 eggs  
1 1/4 c. sour cream or sour half  
and half  
1 tsp. vanilla

Preheat oven to 350 degrees. Mix together crumbs, 2 tablespoons sugar and margarine; press onto bottom of 9 inch square baking pan. Bake 10 minutes. Reduce oven to 300 degrees. Place cottage cheese in blender or food processor. Cover, process until smooth. Combine cottage cheese, cream cheese, 3/4 cup sugar, mixing at medium speed with electric mixer until well blended. Add eggs, one at a time, mixing after each addition. Pour over crust. Bake 45 minutes. Mix sour cream, remaining sugar, and vanilla. Spread evenly over cheesecake; continue baking 10 minutes. Cool completely. Chill. Cut into squares. Garnish with fruit. 12 servings.

## MAGIC COOKIE BARS

1/2 c. butter or margarine  
1 1/2 c. graham cracker crumbs  
1 can sweetened condensed milk  
(not evaporated milk)

1 pkg. (6 oz.) semi sweet  
chocolate chips  
1 can (3 1/2 oz.) flaked coconut  
1 c. chopped nuts

In 13 x 9 inch baking pan, melt butter. Remove from heat. Sprinkle crumbs over butter. Pour sweetened condensed milk evenly over crumbs. Top with chocolate chips, coconut and nuts; press down gently. Bake at 350 degrees for 25 minutes or until golden brown. Cool. Cut into 3 x 1 1/2 inch bars. Makes 24 bars.

## **CHOCOLATE DIPPED ALMOND CARAMEL COOKIES**

**1/2 c. almonds**

Toast at 325 degrees for 8 minutes.

Mix:

**1/4 c. granulated sugar**

**2 tbsp. flour**

**1 egg white**

**1 tsp. unsalted melted butter**

**1/4 tsp. salt**

**1/4 tsp. almond extract**

Add toasted almonds.

Melt:

**3 oz. semi sweet chocolate**

Melt chocolate over a double boiler and set aside for dipping after baking.

Place bowl of batter over double boiler until sugar dissolves. Trace two 6 inch circles on parchment paper, turn upside down for a guide. Use rubber spatula to spread batter. Bake at 325 degrees for about 20 minutes, turning 180 degrees, 1/2 way through while still warm. Use a pizza cutter to cut into quarters. Dip outside edge into 3 oz. melted semi sweet chocolate. Cool before serving. Nice with ice cream.

## CHOC-OAT-CHIP COOKIES

- |   |   |
|---|---|
| 1 c. (2 sticks) margarine or butter, softened | 1 tsp. baking soda                                    |
| 1 1/4 c. firmly packed brown sugar            | 1/2 tsp. salt (optional)                              |
| 1/2 c. granulated sugar                       | 2 1/2 c. oats (quick or old fashioned, uncooked)      |
| 2 eggs  | 1 (12 oz.) pkg. (2 cups) semi sweet chocolate morsels |
| 2 tbsp. milk                                  | 1 c. coarsely chopped nuts (optional)                 |
| 2 tsp. vanilla                                |   |
| 1 3/4 c. all purpose flour                    |   |

Heat oven to 375 degrees F. Beat margarine and sugar until creamy. Add eggs, milk and vanilla; beat well. Add flour, baking soda and salt; mix well. Stir in oats, chocolate morsels and nuts; mix well. Drop by rounded measuring tablespoonfuls onto ungreased cookie sheet. Bake 9 to 10 minutes for a chewy cookie or 12 to 13 minutes for a crisp cookie. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely.

## CHOCOLATE ALMOND CRISPS

Preheat oven to 225 degrees.

3/4 c. toasted almonds	1 tsp. cornstarch
1/2 c. plus 2 tbsp. granulated sugar	1 tbsp. confectioners' sugar
2 egg whites	6 oz. semi sweet chocolate
1/8 tsp. cream of tartar	7 tbsp. heavy cream
1/8 tsp. salt	1 tsp. unsalted butter
1/2 tsp. almond extract	1 tsp. sugar

Place 1/2 cup toasted almonds and 2 tablespoons sugar into food processor. Set aside. Beat egg whites, cream of tartar and salt until stiff but not dry. Gradually add 1/2 cup sugar and 1/4 to 1/2 teaspoon almond extract. Remove meringue from mixer. Add toasted almond mixture and 1 teaspoon cornstarch. Fold nuts into meringue with rubber spatula.

Place into 18 inch pastry bag. Place parchment paper on a baking sheet and then make concentric circles with a dab up in the middle (like a Hershey's Kiss, about 1 tablespoon each). Place thumb into 1 tablespoon confectioners' sugar and make an indentation into each one. Pop into 225 degree oven for thirty minutes. Then reduce down to 200 degrees for another two hours.

Now make Ganache: to pipe into center of almond crisps. Take 6 oz. chopped semi sweet chocolate melted slowly over top of double boiler. Add heavy cream, unsalted butter, and granulated sugar. Stir until smooth. Chill ganache. Place in pastry bag and pipe about 1/2 teaspoon into center of each cookie. Put one sliced almond in each cookie for garnish.

*from Death by Chocolate  
By Marcel Desaulniers*

## MAPLE-FIG PINWHEELS

### DOUGH:

1 3/4 c. all purpose flour	2 oz. well chilled cream cheese, cubed
1/2 tsp. baking powder	
1/2 tsp. salt	1 egg
2/3 c. sugar	1 1/2 tsp. finely grated lemon peel
10 tbsp. (1 1/4 sticks) well chilled butter, cubed	1 tsp. fresh lemon juice
1/4 c. firmly packed dark brown sugar	1 tsp. vanilla

Mix flour, baking powder and salt in large bowl. Cream remaining ingredients in processor using on/off turns, stopping to scrape down sides of bowl. Using fork, work creamed mixture into flour mixture. Gather dough into ball. Wrap in plastic; flatten into a square. Chill overnight.

### FILLING:

10 oz. dried, moist pack Calimyrna figs, cubed	1/2 tsp. finely grated lemon peel
1/2 c. maple syrup	1 egg white
2 tbsp. water	1 1/2 tsp. fresh lemon juice
1 tbsp. fresh lemon juice	2 drops of maple extract

For filling: combine figs, maple syrup, water, lemon juice and peel in heavy medium saucepan and bring to a simmer. Cover and simmer until figs are soft and liquid is thickened, stirring occasionally, about 10 minutes. Cool 15 minutes. Transfer mixture to processor and blend to thick but not smooth paste, about 10 seconds, stopping to scrape down sides of bowl. Mix in egg white, 1 1/2 teaspoons lemon juice and maple extract, using two on/off turns. Transfer to bowl. Cover and refrigerate. (Can be prepared 2 days ahead.)

To assemble: Divide dough in half. Wrap and refrigerate one half. Roll remainder out on floured cloth into an 8 x 11 inch rectangle about 1/8 inch thick. Spread half of filling over dough. Starting from long edge, roll dough up into cylinder 1 1/2 inches in diameter, using cloth as aid. Wrap cylinder in plastic. Repeat with remaining dough. Freeze until firm. (Can be prepared 2 days ahead.)

To bake: Position rack in center of oven; preheat to 350 degrees. Line jelly roll pans with foil; lightly butter. Cut each cylinder into 24 slices. Arrange slices on foil, spacing evenly. Bake until edges are lightly browned and bottoms golden, about 25 minutes. Let stand 3 minutes in pans; remove to rack, cool completely. Store in airtight container.



## GINGERBREAD COOKIES

2/3 c. molasses	1/2 tsp. ground cinnamon
1/2 c. packed brown sugar	1/2 tsp. ground cloves
1/2 c. butter or margarine (1 stick), softened	1/2 tsp. ground ginger
1 1/2 tsp. baking soda	2 eggs
1/2 tsp. salt	About 4 1/2 c. all purpose flour
1/2 tsp. ground allspice	Ornamental Frosting for cookies (below)

Early in day or up to 2 months ahead:

Into large bowl, measure molasses, brown sugar, butter or margarine, baking soda, salt, allspice, cinnamon, cloves, ginger, eggs, and 1 1/2 cups flour. With mixer at low speed, beat ingredients until just mixed, constantly scraping bowl with rubber spatula. Increase speed to medium; beat 2 minutes, occasionally scraping bowl. With wooden spoon, stir in about 3 cups flour to make a stiff dough. Shape dough into a ball; wrap with plastic wrap. Use dough immediately or refrigerate to use within 2 days.

Preheat oven to 350 degrees F. On lightly floured surface, with floured rolling pin, roll half of dough 1/2 inch or more thick. With desired shape cookie cutter, cut out as many cookies as possible. With pancake turner, place cookies on ungreased large cookie sheet, about 1/2 inch apart.

Bake cookies 12 minutes or until edges are firm; immediately loosen cookies from cookie sheet and remove to wire racks to cool. Repeat with remaining dough and trimmings. If not decorating cookies right away, wrap cookies with freezer wrap; seal, label, and freeze.

### TO DECORATE:

If cookies are frozen, unwrap; thaw 1 hour. Prepare Ornamental frosting for cookies. Spoon frosting into decoration bag with small writing tube; use to pipe decorative outlines on each cookie. Set cookies aside to allow frosting to dry completely, about 1 hour.

### ORNAMENTAL FROSTING FOR COOKIES:

In small bowl, with mixer at low speed beat:

2 c. confectioners' sugar	2 egg whites
1/8 tsp. cream of tartar	

just until mixed. Increase speed to high and beat mixture until so stiff that a knife drawn through mixture leaves a clean-cut path.

*Wendy C. Weiler '71*

## DOUBLE CHOCOLATE BROWNIES

- |   |  |
|---|--|
| 2 (1 oz.) squares unsweetened chocolate | 1 (6 oz.) pkg. chocolate bits  |
| 1/4 lb. butter                          | 1 to 2 c. chopped walnuts or pecans (depending on the amount of nuts you like) |
| 2 c. brown sugar (packed tightly)       | Halved walnuts or pecans, for garnish (optional)                               |
| 2 eggs                                  |  |
| 1 c. unsifted flour                     |  |
| 1 tsp. vanilla                          |  |

Melt chocolate and butter together over low heat. Beat sugar and eggs together until light in color. (The more you beat them, the better the brownies are.) Add chocolate and butter mixture, flour and vanilla, mixing thoroughly after you add each ingredient. Stir in chocolate bits and nuts. Pour into well greased 9 x 13 inch pan. Place halved nuts on top, one per square that will be cut after baking. Bake in preheated 350 degree oven for 20 to 25 minutes. Cool. Cut into squares. Makes about 3 dozen brownies.

## FUDGY BROWNIES

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 6 oz. unsweetened chocolate     | 2 tsp. pure vanilla extract        |
| 1 c. (2 sticks) unsalted butter | 1 3/4 c. all purpose flour, sifted |
| 6 eggs                          | 1/2 tsp. salt                      |
| 2 1/2 c. granulated sugar       | 2 c. chopped walnuts (optional)    |

Preheat oven to 325 degrees F. Butter a 10 x 15 inch baking sheet (jelly roll pan). Dust with flour and shake out the excess. Melt the chocolate and 1 cup butter in a small saucepan over very low heat, or in the top of a double boiler. Set aside to cool slightly.

Beat the eggs, sugar and vanilla in a bowl with an electric mixer until thick and fluffy. Stir chocolate into the eggs. Add 1 3/4 cups flour and the salt; mix until just combined; don't overmix. Stir in chopped walnuts, if desired. Bake in center of oven 25 to 30 minutes or until the center of brownies is just set. Allow to cool completely before cutting in squares about 2 x 2 inches. (They're easier to cut if made a day before eating.) Yields: 35 brownies.

## BROWNIES

1/4 c. plus 1 tsp. flour

2 tsp. cocoa

1 tsp. baking powder

1/4 tsp. salt

4 oz. butter

3 oz. unsweetened chocolate

2 oz. semi sweet chocolate

3 eggs

1 c. sugar

1 tsp. vanilla

1/4 c. sour cream

Sift together first 4 dry ingredients and set aside. Melt in a double boiler the butter and the chocolates and stir with a rubber spatula. In a bowl, whisk 3 eggs, 1 cup sugar and 1 teaspoon vanilla. Add melted chocolate. Add sifted dry ingredients. Add sour cream. Bake at 325 degrees in a buttered baking pan.

For a variation and double chocolate flavor, add 8 oz. semisweet chocolate morsels as follows: add 4 oz. to batter, then sprinkle additional 4 oz. on top. Sprinkle top with unsalted macadamia nuts.

*Death by Chocolate*

## **GRAHAM KERR'S MINIMAX BROWNIES**

Sift together:

1 c. flour	1/8 tsp. salt
1/3 c. brown sugar	1 tsp. freshly ground cinnamon
1/4 c. cocoa powder	(a coffee mill works great)
2 tsp. baking powder	

Whisk together:

4 oz. milk	1 1/2 tsp. vanilla extract
1 egg	1 tbsp. oil

Make a well in the middle of the dry ingredients, pour wet ingredients in center and mix using big strokes. Don't overwork or brownies will not be tender.

Beat egg whites until stiff with a few drops cold water and a dash of salt. Add 1/4 cup superfine sugar and 1/4 cup cocoa powder. Place a large dollop in the batter and with short sharp strokes combine with batter. Then add rest of egg whites and fold in. Add 1 tablespoon chocolate chips. Place in a lightly oiled square pan. Sprinkle 1/4 cup sliced almonds on top. Bake at 375 degrees until a toothpick comes out clean. Each brownie is only 99 calories versus 275 calories for a traditional brownie.

## **REALLY LO CAL BROWNIES**

2 substitute eggs	1/3 c. canola oil
1/2 c. Rice Bran (cream of rice cereal)	1/4 c. flour
3/4 c. sugar	1/4 c. golden raisins
1/3 c. cocoa	1/4 c. walnuts
	1/2 tsp. vanilla

Spray a loaf pan. Mix all ingredients. Place in loaf pans and bake until a toothpick comes out clean.

## **UNION SQUARE CAFE'S MARBELIZED FUDGE BROWNIE**

Melt over a double boiler:

**4 1/2 oz. semi sweet chocolate      9 oz. sweet butter**

Beat:

**2 eggs      3/4 c. sugar plus 1 tbsp.**

Mix in a mixer:

**8 oz. cream cheese      1/2 tsp. vanilla**  
**1/4 c. sugar**

Combine egg and chocolate mixtures. Stir in:

**1/2 c. flour**

Only until incorporated. Add a pinch of salt. Butter individual tart or brioche molds and dust with cocoa powder. Fill halfway with fudge mix. Top each mold with cream cheese mix.

Swirl with a spoon from the bottom up to marbelize. Place on a tray. Bake at 350 degrees for 35 minutes. Allow to cool before unmolding. At the restaurant these are served with a chocolate sauce underneath, with ice cream on top and dusted with confectioners' sugar.

## CHOCOLATE CHIP BROWNIES

2 1/4 c. unsifted flour  
1 tsp. baking soda  
3/4 tsp. salt  
1 c. butter, softened  
1 c. firmly packed light brown sugar

1/2 c. sugar  
2 eggs  
1 tsp. vanilla extract  
1 (12 oz.) pkg. semi sweet chocolate bits  
1 c. chopped nuts

Preheat oven to 350 degrees. In a small bowl, sift or stir together flour, baking soda and salt and set aside.

In a large mixer bowl, beat butter and sugars until creamy. Beat in eggs and vanilla. Add flour mixture; mix well. Stir in chocolate bits and nuts. Spread into a greased baking pan. After 5 minutes in the oven, remove the pan, and swirl the melted chocolate bits to marbelize the dough.

Replace in oven for another 15 minutes until a knife inserted comes out clean. Cool, cut in squares. These were a very popular item my first year in the coed dorms at Penn! They were actually my roommate's invention and they are a variation on the Toll House cookie recipe on the back of the chocolate bits wrapper.

*Ellen Weintraub '71*

## CHOCOLATE CHIP LACE OAT COOKIES

1 c. oats  
3/4 c. brown sugar

3/4 c. granulated sugar

Mix dry ingredients.

Then add:

1/2 c. melted butter  
2 lightly beaten eggs

1 tsp. vanilla

Add:

1 c. chocolate chips

Refrigerate dough. Roll rounds in your hand. Bake drop cookies on a foil lined pan. They will spread. Bake at 350 degrees for 15 minutes.

## **"BRUTTI MA BUONI"**

### **OR HAZELNUT DROP COOKIES**

- |  |                                     |
|--|-------------------------------------|
| 1 c. toasted chopped hazelnuts<br>(filberts) | 4 egg whites<br>1 c. powdered sugar |
|--|-------------------------------------|

Beat egg whites until soft peak stage. Add to chopped hazelnuts and powdered sugar in a copper bowl over heat and whisk. Cook over low flame about 15 minutes until golden colored and pulling together and coming off the sides of copper pot.

Drop by teaspoonfuls onto a parchment covered baking sheet. Bake at 400 degrees for 15 minutes. Sprinkle lightly with powdered sugar.

*Restaurant Felidia  
NYC*

## **AMARETTI (BITTER ALMOND COOKIES)**

- |   |   |
|---|---|
| 1/4 c. bitter almonds, or centers<br>(kernels) from peach or<br>apricot pits, ground up | 3 lg. egg whites, beaten until<br>stiff |
| 2/3 c. sugar  | 3/4 c. ground almonds                   |

Combine above ingredients. Baking sheet is lined with parchment paper. Using a pastry bag, pipe out amaretti onto sheet. Sprinkle with sugar and let rest 30 minutes before baking. Bake at 350 degrees for 10 minutes until golden. Can be stored a long time.

## **DOUBLE DELICIOUS COOKIE BARS**

- |   |   |
|---|---|
| 1/2 c. margarine or butter  | 1 (12 oz.) pkg. semi sweet<br>chocolate chips |
| 1 1/2 c. graham cracker crumbs                                      | 1 c. peanut butter chips                      |
| 1 (14 oz.) can sweetened<br>condensed milk (NOT<br>evaporated milk) |   |

Preheat oven to 350 degrees (325 degrees for glass dish). In 13 x 9 inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine; pour condensed milk evenly over crumbs. Top with chips; press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool. Cut into bars. Store loosely covered at room temperature. Makes 24 to 36 bars. Preparation time: 10 minutes.

## **ANNE WINNETT'S SUPER COOKIES**

**1/2 lb. butter, softened**  
**1 lb. light brown sugar**  
**2 eggs**  
**Pinch salt**

**1 tsp. vanilla**  
**2 c. self rising flour**  
**2 c. chopped pecans**

Cream butter and sugar. Add salt. Beat eggs and add. Add flour (sifted) and mix well. Add pecans. Grease pan well put in pan, bake at 350 degrees about 25 to 30 minutes. Check after 20 minutes.



## FLORENTINES

1/4 lb. sweet butter  
2/3 c. granulated sugar  
2 tbsp. milk  
2 tbsp. honey  
1/2 tsp. vanilla extract

4 oz. almonds, blanched or  
unblanched, thinly sliced  
4 oz. candied orange peel, diced  
1/4 c. plus 2 tbsp. sifted all  
purpose flour

Adjust two racks to divide the oven into thirds, and preheat oven to 350 degrees. Line cookie sheets with aluminum foil. The foil must be smooth and unwrinkled. It is best if you use cookie sheets that are flat on three sides and have only one raised rim. If not, just be very careful that you do not wrinkle the foil.

You will need a saucepan with about a 6 cup capacity; it should be narrow rather than wide for the thermometer to register correctly. Place the butter, sugar, milk and honey in the saucepan over moderate heat. Stir occasionally until the mixture comes to a boil. Place a candy thermometer in the saucepan and cook without stirring until the thermometer registers 232 degrees (the "thread" stage).

Immediately remove the saucepan from the heat and stir in the vanilla, almonds, orange peel and flour.

Now place the saucepan over the lowest possible heat, and stir occasionally to keep the mixture from hardening. Use a level or slightly rounded teaspoon of the mixture (not more) for each cookie, placing the mounds 3 to 4 inches apart on the foil lined sheets. (These spread into large wafers; you will be able to make only 5 or 6 cookies on a 12 x 15 1/2 inch cookie sheet.)

Bake two sheets at a time for 10 to 12 minutes, reversing the sheets top to bottom and front to back as necessary to ensure even browning. Bake until the cookies are brown all over; do not underbake. (A few of the nuts might remain lighter, but the cookies must be well done.) If you bake one sheet at a time, bake it on the higher rack.

Now the cookies must stand on the foil until they are completely cool. If you are using cookie sheets with three flat sides you can slide the foil with the cookies off the sheet (be careful to keep it smooth so the cookies will cool and harden perfectly flat). Then you can slide the cookie sheet under another piece of foil that has unbaked cookies on it, and continue baking. If you re-use the foil it must be wiped dry and spread out completely smooth, or the cookies will run into creases in the foil and will lose their round shape.

When the cookies are completely cool, gently peel the foil away from the backs of the cookies. Do not let them stand or they will lose their crispness. Sandwich them immediately and refrigerate. Makes 24 cookie sandwiches.

## **CHOCOLATE FILLING:**

### **3 to 4 oz. semi sweet chocolate**

Break up or coarsely chop the chocolate (morsels may be used as is) and place it in the top of a small double boiler over hot water on low heat. Cover until partially melted. Then uncover and stir until completely melted and smooth. Remove the top of a double boiler.

With a small, narrow metal spatula spread a thin layer of the chocolate on the bottom of a cookie, leaving an uncovered border about 1/2 inch wide. Cover the cookie with another one, placing it so that both flat sides meet in the middle. Gently press the two cookies together. You will see some of the chocolate oozing out of the lacy holes in the cookies. That is as it should be, but there should not be much. And the chocolate should not spread out all the way to the rims of the cookies, so don't use too much.

As you sandwich the cookies place them on a tray in the freezer or refrigerator only until the chocolate is set. Then package airtight in a strong box with plastic wrap or wax paper between the layers. (I wrap them individually in cellophane, and then package them in a box.) Refrigerate or freeze. (If you freeze Florentines, the box with the cookies should be transferred to the refrigerator for a few hours before the cookies are unwrapped and served.)

Serve Florentines cold or at room temperature. But don't unwrap them until just before they are served; humidity will make them lose their crispness.

## **CARAMEL CHOCOLATE PECAN BARS**

### **CRUST:**

**2 c. all purpose flour**                      **1/2 c. (1 stick) butter, softened**  
**1 c. firmly packed brown sugar**        **1 c. pecan halves**

Heat oven to 350 degrees. In large mixer bowl combine flour, sugar and butter. Beat at medium speed, scraping bowl often, until particles are fine, 2 to 3 minutes. Press on bottom of ungreased 9 x 13 inch pan. Sprinkle pecans over crust.

### **FILLING:**

**1/2 c. firmly packed brown sugar**    **1/2 c. semi sweet chocolate chips**  
**2/3 c. butter**                                **1/2 c. butterscotch chips**

In small saucepan combine sugar and butter. Cook, stirring constantly, over medium heat, until mixture comes to a full boil, 4 to 5 minutes. Boil, stirring constantly, until candy thermometer reaches 242 degrees, or a small amount of mixture dropped into ice water forms a firm ball (about 1 minute). Pour over pecans and crust.

Bake for 18 to 20 minutes, or until entire caramel layer is bubbly. Immediately sprinkle with chocolate and butterscotch chips. Let stand 3 to 5 minutes to melt chips. Swirl chips with tip of knife, to make a marbled effect. Cool and cut into bars. Makes 36 cookies.

## FUDGE CHIP COOKIES

Preheat oven to 325 degrees. Sift:

1 1/2 c. flour  
1/2 c. unsweetened cocoa  
1 tsp. salt

1 tsp. baking soda  
3 eggs

Melt:

8 oz. semi sweet chocolate,  
broken in 1/2 or pieces

4 oz. unsweetened chocolate

Cream together:

1 1/2 c. light brown sugar

12 tbsp. unsalted butter

Repeatedly scrape side of bowl to incorporate ingredients. Add 3 whole eggs, one at a time. Add 1 teaspoon vanilla. Add melted chocolate and mix on low speed. Add dry ingredients, mix on low. Add 2 cups chocolate chips. Mix with rubber spatula. Drop by rounded teaspoonfuls. Bake at 325 degrees for about 20 minutes.

## FANNIE'S SUGAR COOKIES

1/2 c. shortening  
1 c. sugar  
1 egg  
1 tbsp. cream  
1 tsp. vanilla

2 c. flour (scant)  
2 tsp. baking powder  
1/4 tsp. salt  
Sugar and cinnamon

Mix shortening, sugar, egg and cream, then add vanilla. Sift dry ingredients and add to first mixture. When it becomes too thick to stir, knead it. Divide into 4 parts. Chill. Flour board and roll dough very thin, sprinkle with sugar and cinnamon and cut with cookie cutter. Bake at 375 degrees for 10 to 12 minutes.

*Mortarboard Menus*

## OATMEAL MACAROONS

2 eggs, beaten together  
1 c. sugar  
2 tbsp. melted butter

2 full cups Quaker oats  
2 tsp. baking powder  
A little salt

Season with vanilla or almond extract. Drop on a buttered pan about a teaspoon for each cake, as they spread. Bake in a slow oven, and take out of pan when neither hot nor cold.

*Miss Mattie Patteson  
Mortarboard Menus*

## CHEWY CHOCOLATE COOKIES

2 pkgs. German sweet chocolate  
1 tbsp. butter  
2 eggs  
3/4 c. sugar  
1/4 c. flour

1/4 tsp. baking powder  
1/4 tsp. cinnamon  
1/2 tsp. vanilla  
Pinch salt  
3/4 c. chopped nuts (optional)

In double boiler, melt chocolate and butter. Cool. Beat the eggs; add sugar slowly, beating until thick. Blend chocolate into egg mixture. Add dry ingredients, flavoring and nutmeats. Mix. Drop from teaspoon on greased cookie sheet. Bake in 350 degree oven for 10 to 12 minutes. Do not overbake.

This is a very rich cookie and the hint of cinnamon makes it different from the usual variety.

*Janet Bergmann '38*

## BUTTERSCOTCH COOKIES

1 c. peanut butter  
1 bag butterscotch morsels

2 c. Rice Krispies

Melt peanut butter and butterscotch morsels in the top of a double boiler or microwave until smooth. Add Rice Krispies. Stir until blended. Drop teaspoonfuls of mixture on wax paper lined cookie sheet. Refrigerate for 1 hour.

*Nancy Ness '85*

## **CHEWY NOELS**

2 tbsp. butter or margarine  
2 eggs  
1 c. brown sugar, packed  
5 tbsp. flour

1/8 tsp. baking soda  
1 c. chopped nuts  
1 tsp. vanilla  
Confectioners' sugar

Start oven at 350 degrees. Melt butter in a 9 inch square pan over low heat. Then take off stove. Beat eggs slightly. Combine sugar, flour, soda and nuts and stir into beaten eggs. Add vanilla. Pour this mixture over the butter. Don't stir. Then slide into the oven and bake 20 minutes. Turn out of pan onto rack, cut into oblongs and dust bottom side with confectioners' sugar.

*Mortarboard Menus*

## **PECAN NUT FINGERS**

1 stick butter  
5 tbsp. 4x sugar, sifted  
2 tbsp. ice water

2 c. cake flour, sifted four times  
2 c. nutmeats

Melt butter, add sugar, ice water and flour and nuts. Make into fingers about 3 inches long and finger thickness. Bake in moderate oven about 40 minutes and roll in powdered sugar.

*Mortarboard Menus*

## **CHOCOLATE-NUT RUGELACH**

**1 c. (2 sticks) butter or  
margarine, softened**  
**1 (8 oz.) pkg. cream cheese,  
softened**

**2 1/4 c. all purpose flour**

In a large mixer bowl beat butter and cream cheese until blended and smooth. Gradually add flour, beating on low speed until well blended. Divide dough into 3 equal parts; wrap each in plastic wrap, pressing lightly to form small circle. Refrigerate 3 to 4 hours or until firm enough to roll.

### **COCOA-NUT FILLING:**

**1 1/2 c. ground walnuts**  
**6 tbsp. sugar**  
**3 tbsp. unsweetened cocoa  
powder**

**2 tbsp. milk**

In a small bowl, stir together nuts, sugar, cocoa and milk

### **TO BAKE:**

**1 tbsp. butter or margarine,  
melted**

**2 tbsp. sugar**  
**1/4 tsp. ground cinnamon**

To assemble: on a lightly floured surface, roll one piece of dough into a 9 inch circle. Keep remaining dough in refrigerator. Cut circle into 12 wedges. Place about 1 teaspoonful of filling at wide end of each wedge. Spread filling about 3/4 of way up wedge. Starting at wide end, roll toward the point. Place cookies, point side down, on ungreased baking sheet. Heat oven to 375 degrees.

Brush cookies with melted butter. Stir together sugar and cinnamon; sprinkle over top of cookies. Bake 15 to 20 minutes or until golden. Remove from baking sheet to wire rack and cool completely. Repeat with remaining dough and filling. Makes about 3 dozen.

## **CREAM CHEESE COOKIES**

Oven at 350 degrees. Grease 8 x 8 pan.

### **CRUST:**

**1/4 c. softened margarine**  
**1/2 c. packed brown sugar**

**1 c. Bisquick**  
**1/2 c. chopped walnuts**

Mix brown sugar and margarine until fluffy. Add Bisquick. Stir in nuts until crumbly, reserve 1/2 cup for topping. Press remaining in pan and bake for 12 minutes.

### **FILLING:**

**8 oz. softened cream cheese**  
**1/2 c. sugar**  
**1 tbsp. lemon juice**

**1/2 tsp. vanilla**  
**2 tsp. milk**  
**1 egg**

Mix all ingredients until smooth. Spread over crust. Sprinkle remaining crust mixture on top. Bake for 25 minutes or until top is firm. For a 9 x 12 inch pan, double recipe.

Crust should be cooked first, then filling is added and cooked again.



## FILLED ITALIAN COOKIES

Preheat oven to 350 degrees.

### PASTRY CREAM FILLING:

Can be made ahead and refrigerated overnight.

4 egg yolks	1 c. milk, scalded
1/2 c. sugar	1/3 c. semi sweet chocolate morsels
6 tbsp. flour	1/4 c. candied fruit
3/4 tsp. vanilla extract	
2 tsp. butter, unsalted	

Beat egg yolks and sugar to a ribbon stage with a whisk. Add flour, vanilla, butter, and then gradually add scalded milk. Whisk over heat in a saucepan until smooth and thickened. Place in a bowl, cover and refrigerate at this point if you're not baking the cookies immediately. Just before assembling, add chocolate bits and candied fruits, chopped.

### DOUGH:

2 1/2 c. flour	1/2 c. sweet butter
1/2 c. sugar	4 to 5 tbsp. ice water
1/2 tsp. salt	Rind of 1 lemon

Sift together dry ingredients. Cut in butter. Gradually add ice water and work dough with hands until dough forms. Refrigerate ball of dough at least 30 minutes.

1 egg, beaten	Confectioners' sugar
2 egg whites, beaten	1/2 maraschino cherry for each cookie
Pinch of salt	

Roll out dough and cut out disks with either an agnolotti or ravioli (round) cutter or just a glass. On a bottom disk, place a small dollop of pastry cream and chocolate and fruit filling.

Place another disk on top, brush edges with beaten egg and seal. Use tines of a fork to crimp edges and further seal.

OR onto a sheet of dough place evenly spaced dollops of filling. Cover with another sheet of dough and cut onto rounds with an agnolotti cutter, which will seal and crimp the edges as you cut.

Then brush tops with beaten egg. Place a dollop of beaten egg white on top of each and then 1/2 of a maraschino cherry. Bake at 350 degrees for 20 minutes in upper part of oven. Dust with confectioners' sugar.

## HEALTHFUL APPLESAUCE SQUARES

16 oz. unsweetened applesauce	1 tsp. vanilla
1 red apple, grated	4 egg whites
1 green apple, grated	1/2 c. raisins

Combine dry ingredients:

2 c. whole wheat flour	1 tsp. baking powder
1 c. fructose (or white sugar, if you must)	

Add all at once to wet ingredients and add:

2 tsp. cinnamon	1 tsp. nutmeg
-----------------	---------------

Spray pan with vegetable spray. Spread batter in the pan. Bake at 325 degrees for 30 to 35 minutes or until toothpick inserted comes out clean.

## **WALNUT BARS**

### **PART I:**

**1/2 c. butter**

**1 c. sifted flour**

Blend well (like pastry) and pat evenly in a greased 7 1/2 x 13 pan. Bake in preheated oven at 350 degrees for 15 minutes.

### **PART II:**

**2 eggs, well beaten**

**2 tbsp. flour**

**1/2 c. coconut**

**1/4 tsp. baking powder**

**1 1/2 c. brown sugar**

**1/2 tsp. salt**

**1 c. chopped walnuts**

**1 1/2 tsp. vanilla**

Mix all together and spread on slightly cooled baked layer. Bake at 350 degrees about 25 minutes.

### **JUICE FROSTING:**

**2 tbsp. melted butter**

**1 1/2 c. sifted confectioners' sugar**

**1 1/2 tsp. lemon juice**

**2 tbsp. lemon juice**

Blend butter and juices with sugar. Frost cooled bars and sprinkle with ground nuts. Refrigerate. Eat with discretion.

## ITALIAN NUT BALLS

<b>3/4 c. sugar</b>	<b>2 egg yolks (reserve whites)</b>
<b>1 tsp. salt</b>	<b>1/2 tsp. vanilla</b>
<b>3/4 c. softened butter (or margarine)</b>	<b>1/2 tsp. almond extract</b>

In large bowl, combine ingredients on medium speed of mixer (about 1 minute) blend well.

**2 c. unbleached or all purpose flour**

Lightly spoon flour into measuring cup; level off. Gradually add flour, blend at low speed until well mixed.

<b>2 reserved egg whites, slightly beaten</b>	<b>1 to 1 1/2 c. finely chopped pistachio nuts or other nuts</b>
---	--

Roll dough into 1 inch balls. Dip dough balls into egg whites, then nuts. Place on greased cookie sheets 2 inches apart. Make a deep depression in the center of each cookie with fingertip.

**1/2 c. jelly or preserves**

Bake at 350 degrees for 10 to 12 minutes until firm to the touch and lightly browned (do not overbake). Immediately remove from cookie sheets. While warm, fill centers with a small amount of any flavor jelly or preserves. Allow jelly to set before storing cookies. 3 to 4 dozen.

## CRISP LITTLE LEMON COOKIES

<b>1 pkg. pudding - included lemon cake mix</b>	<b>1/2 c. margarine or butter, melted</b>
<b>1 c. crisp rice cereal</b>	<b>1 egg, slightly beaten</b>

Preheat oven to 350 degrees. In a large bowl, combine all ingredients; mix well. Shape into 1 inch balls, pressing firmly. Place 2 inches apart on ungreased baking sheets. Bake for 9 to 12 minutes or until light golden brown around the edges. Cool 1 minute; remove from baking sheets. Makes 3 to 4 dozen cookies.

## **CHOCOLATE PEANUT BUTTER COOKIES**

- |  |                          |
|--|--------------------------|
| 1 pkg. pudding included devil's<br>food cake mix | 1/3 c. water<br>2 eggs   |
| 1 c. peanut butter                               | 1 c. peanut butter chips |

Preheat oven to 350 degrees. Generously grease cookie sheets. In large bowl, combine cake mix, peanut butter, water and eggs. By hand, stir until dough is formed. Stir in peanut butter chips. Drop by rounded teaspoonfuls 2 inches apart onto greased baking sheets. Bake 10 to 15 minutes or until set. Cool 1 minute; remove from baking sheets. Cool completely. Makes 4 dozen cookies.

## **READER'S EASY CHOCOLATE COOKIES**

- |                                  |                      |
|----------------------------------|----------------------|
| 1 box devil's food cake mix      | 1/2 c. vegetable oil |
| 6 oz. semi sweet chocolate chips | 2 eggs               |

Preheat oven to 350 degrees. Combine all ingredients in the large bowl of an electric mixer. Mix until blended. Drop by rounded teaspoonfuls onto ungreased baking sheets, about 2 1/2 inches apart.

Bake for 10 minutes. Allow to rest on baking sheets for 5 minutes. Remove with a thin, flexible spatula. Makes about 2 dozen cookies.

## CAKES

### CHEESECAKE

2 c. graham cracker crumbs	2 lg. eggs, lightly beaten
1/2 c. (1 stick) butter, melted	1 tsp. vanilla extract
1 c. sugar, divided	2 tbsp. cornstarch
2 lbs. cream cheese	1 c. sour cream

Preheat oven to 450 degrees F. In a bowl, place graham cracker crumbs, butter and 2 tablespoons sugar; blend well. Press mixture onto bottom and sides of a greased 9 inch springform pan. Chill in freezer while preparing filling. In mixer bowl, beat cream cheese and remaining sugar until smooth. Beat in eggs, vanilla and cornstarch, just until blended. Stir in sour cream. Pour mixture into prepared crust and bake for 10 minutes. Reduce temperature to 200 degrees F and bake 45 minutes. Turn off oven; allow to cool with door opened slightly. Remove sides from pan when cool. Approximately 12 servings.

*Christine Gilbride Sturges '81*

## **N.Y CHEESECAKE**

- |                               |                          |
|-------------------------------|--------------------------|
| 16 oz. cream cheese, softened | 1 1/2 tbsp. lemon juice  |
| 1 lb. creamed cottage cheese  | 1 tsp. grated lemon rind |
| 1 1/2 c. sugar                | 1 tsp. vanilla extract   |
| 4 eggs, slightly beaten       | 1/2 c. butter, melted    |
| 3 tbsp. cornstarch            | 1 pt. sour cream         |
| 3 tbsp. flour                 |                          |

Heat the oven to 325 degrees. Grease a 9 inch springform pan. With an electric mixer, beat the cream cheese with the cottage cheese at high speed. Gradually beat in the sugar, then the eggs. At low speed, beat in the cornstarch, flour, lemon juice and rind and vanilla. Beat in the melted butter and sour cream. Pour into the greased pan. Bake 1 hour and 10 minutes or until firm around the edges. Turn off the oven. Let the pan stand in the oven for 2 hours. Then remove and let it cool at least 2 hours. Refrigerate the cake for 3 hours or until well chilled.

To remove the cake from the pan, run a spatula around the sides of the cheesecake and then release the clasp of the springform pan. The sides spring apart, and you can lift them off. Leave the bottom of the pan in place, and put it right on a serving plate. Serves 12.

## **FATHER SARDUCCI'S CHEESECAKE**

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1 (16 oz.) container ricotta cheese | 3 extra-large eggs        |
| 1 (16 oz.) container sour cream     | 3 tbsp. all purpose flour |
| 2 (8 oz.) pkgs. cream cheese        | 3 tbsp. cornstarch        |
| 1 1/2 c. sugar                      | 5 tsp. vanilla extract    |
| 1/2 c. (1 stick) butter, melted     | 5 tsp. fresh lemon juice  |

Combine ricotta and sour cream in large mixing bowl of an electric mixer. Beating slowly, add cream cheese, sugar and butter. Increase speed to medium and add eggs, flour, cornstarch, vanilla and lemon juice. Beat on highest speed possible without splattering for 5 more minutes. Pour mixture into a 10 inch springform pan. Bake in a preheated 350 degree oven for 1 hour. Turn heat off and, without opening oven door, let cheesecake stand in oven 1 additional hour. Remove from oven and cool completely on wire rack. Serve chilled or at room temperature. Makes 16 servings.

## **TORTE AUX FROMAGE BLANC**

**(FRENCH VERSION)**

Preheat oven to 350 degrees.

**1/2 c. sour cream**  
**2 c. creme fraiche**  
**1 c. flour**  
**1 c. sugar**  
**6 eggs**

**1 lemon**  
**2 c. heavy cream**  
**1 (8 inch) tart shell**  
**Confectioners' sugar for garnish**

Place sour cream, creme fraiche and flour in a bowl. Separate eggs, and add yolks to cream mixture. Beat whites with a pinch of salt. Grate zest of lemon and add lemon zest to cream and egg yolk mixture. Add heavy cream, a little at a time. Add sugar to egg whites. Add half of beaten whites and fold in with a whisk. Add remainder of whites, folding in carefully. Bake 30 to 40 minutes.

Top will be dark brown and cracked. Remove from mold and sprinkle with powdered sugar.

## **TORTA DI RICOTTA**

**(ITALIAN VERSION)**

Preheat oven to 400 degrees.

**8 eggs**  
**8 tbsp. sugar**  
**8 tbsp. flour**

**2 lbs. ricotta**  
**1/2 c. chocolate chips**  
**Zest of an orange**

Beat egg whites until shiny but not stiff, and add 4 tablespoons sugar. Beat egg yolks with 4 tablespoons sugar, add ricotta, flour, and chocolate chips, then orange zest. Fold in egg whites, 1/3 at a time. Place in a springform pan and bake until golden.

Cool on a rack. When cool, before you remove from springform, sprinkle top with confectioners' sugar.



## COCOA CHEESECAKE

- |  |                        |
|--|------------------------|
| 1 1/2 c. graham cracker crumbs                 | 3/4 c. sugar           |
| 1/3 c. sugar                                   | 1/2 c. Hershey's cocoa |
| 1/3 c. butter or margarine,<br>melted          | 1 tsp. vanilla         |
| 2 pkgs. (8 oz. each) cream cheese,<br>softened | 2 eggs                 |

Combine crumbs, 1/3 c. sugar and the melted butter or margarine. Press mixture onto bottom and up side of 9 inch springform pan; set aside. Beat cream cheese, 3/4 cup sugar, the cocoa and vanilla in large mixer bowl until light and fluffy. Add eggs; blend well. Pour into prepared crust and bake at 375 degrees for 20 minutes or until almost set. Remove from oven; cool. Cover; chill several hours or overnight. 10 to 12 servings.

## WHITE CHOCOLATE CHEESECAKE

- |   |  |
|---|--|
| 8 oz. white chocolate, broken into<br>1 inch pieces | 1 chocolate crumb pie crust<br>(available in baking aisle of<br>supermarket) |
| 2 (8 oz.) pkgs. cream cheese,<br>softened           | Raspberries or strawberries for<br>garnish                                   |
| 1/3 c. sugar  | Chocolate shavings, for garnish  |
| 2 tsp. vanilla                                      |  |
| 2 lg. eggs  |  |

Preheat the oven to 350 degrees with the rack in the center position. In a microwave, a double boiler or a small bowl set over (but not in) a pan of simmering water, melt the chocolate. Stir gently with a rubber spatula until it is smooth.

In a food processor or in a 1 1/2 quart mixing bowl, using an electric mixer set on low, process or mix the cream cheese together with the sugar, vanilla and eggs. When well mixed, add the chocolate and continue mixing or processing just until blended.

Pour and scrape the mixture into the crumb crust and bake for 30 minutes or until the outer edge is very light golden brown and slightly bubbled and a small damp spot remains in the center.

Cool at room temperature for 1 hour, then refrigerate for at least 4 hours or overnight. To garnish, place raspberries (or halved strawberries, cut side down) around the rim and sprinkle the center with chocolate shavings. Serves 8.

### 3 LAYER HAZELNUT, WHITE AND DARK CHOCOLATE CHEESECAKE

3 3/4 oz. (3/4 c.) blanched  
hazelnuts (filberts), or  
almonds, walnuts or pecans  
2 lbs. cream cheese, at room  
temperature  
1 tsp. vanilla extract  
1 3/4 c. granulated sugar

4 eggs (grated large or extra  
large)  
1/8 tsp. almond extract  
2 oz. (2 squares) unsweetened  
chocolate  
1/3 c. graham cracker crumbs (to  
be used after cake is baked)

Use an 8 inch round, 1 piece cheesecake pan 3 inches deep. Butter it lightly all over the bottom, up to the rim, and around the inside of the rim, or the cake will stick and will not rise evenly. Any unbuttered spots will prevent the finished cake from sliding out of the pan easily. Set the buttered pan aside. The nuts must be finely chopped or ground. Set the ground nuts aside.

In a large bowl of an electric mixer beat the cheese, scraping the bowl frequently with a rubber spatula, until it is very smooth. Beat in the vanilla and then the sugar very well, and then add the eggs one at a time, scraping the bowl with the spatula and beating only until smooth after each addition. After adding the eggs, do not beat any more than necessary, this cheesecake should not be airy.

Remove 2 cups of the mixture and transfer it to a mixing bowl. (The remaining batter should be left at room temperature while the layers are being frozen.) Add the ground nuts and the almond extract to the 2 cups and stir to mix. This will be the first layer. Pour it carefully into the middle of the pan. Very gently shake the pan to make the cheese mixture as smooth and level as you can. Keep the edges clean and straight.

Place the pan in the freezer for 1 hour or a bit longer, until the layer is firm enough to be covered with the next layer without losing its shape. Remove and set aside 2 more cups of the basic batter for the top layer.

Place the chocolate in the top of a small double boiler over hot water on moderate heat. Cover until melted. Then uncover and remove the top of the double boiler. Mix the chocolate into the batter that is remaining in the mixer bowl.

Place the chocolate batter carefully by rounded teaspoonfuls all over the cold nut layer and very gently shake the pan to level the chocolate mixture. Keep the edge as straight and neat as you can.

Return the cake to the freezer. The chocolate layer will need only about 15 or 20 minutes to become firm. Adjust a rack to the lowest position in the oven.

When the chocolate layer is firm enough, spoon or pour the white layer carefully and evenly over it. Level the top by briskly rotating the pan a bit, first in one direction and then another.

Place the cheesecake pan inside a larger pan. the larger pan must not touch the sides of the cake pan and it must not be deeper than the cake

pan. Pour hot water into the larger pan to a little more than halfway up the side of the cake pan. (If the large pan is aluminum, adding about 1/2 teaspoon cream of tartar to the hot water will keep the pan from discoloring. You don't have to mix it - just put it in.)

Bake in a preheated, 350 degree oven for 1 hour and 50 minutes. (This takes more baking than other cheesecakes because it is partially frozen when it goes into the oven.) The top of the cake will be a rich golden brown and feel dry to the touch, but the cake will still be soft inside. (The cake will rise to or above the rim of the pan while it is baking, but it will sink below the rim as it cools.)

Lift the cake pan out of the water and place it on a rack for about 2 hours, until it is completely cool. Do not chill the cake in the refrigerator or the butter will harden and the cake will stick to the pan.

When the bottom of the cake pan has reached room temperature, place a flat plate or board over the top of the pan and invert. Remove the cake pan.

Sprinkle the bottom of the cake evenly with the graham cracker crumbs. Now, very gently, place another flat plate or board on top of the crumbs. Very carefully and quickly, invert, to turn the cake right side up. Do this without pressing too hard or you will squash the cake, which is still soft.

Refrigerate for at least 5 to 6 hours or overnight. Or freeze it. (Wrap after freezing and thaw before unwrapping.)

Serve at room temperature, it is more delicate and creamy at room temperature. But some people love it very cold. I'm wild about it either way.

NOTE: Hazelnuts usually come with brown skins, which must be removed (blanch them and then peel the skins). Or, if you buy them already skinned but not toasted, toast them to bring out their flavor. (To toast, place them in a shallow baking pan in a 350 degree oven. Shake the pan occasionally until the nuts are only lightly colored.) Hazelnuts are difficult to find. I buy them unblanched at a health food store, or blanched but not toasted from a wholesale nut dealer.

If you use almonds, they should be blanched and toasted as above. If you use walnuts or pecans they should not be toasted. but if they are ground in a processor or a blender you must be very careful (especially with walnuts). Stop the machine while they are still in small pieces, or they will become oily and pasty, they should remain in little pieces and should not become a nut-butter.

*From Maida Heatter's Book of Great Chocolate Desserts  
copyright 1980*

## **POACHED GINGER CHEESECAKE**

**2 tbsp. candied ginger**  
**2 lb. cream cheese**  
**1 1/2 c. sugar**

**1/2 tsp. vanilla**  
**5 eggs**

Preheat oven to 350 degrees. Place crystallized ginger, broken up in food processor. Add 2 lbs. cream cheese, broken up, cream on high speed, stopping to scrape down frequently to avoid lumps. Add 1 1/2 cups sugar. Add 3 whole eggs, scraping sides. Separate remaining two eggs. Beat whites separately until soft peaks form (not until dry) and add yolks to cream cheese mixture. Scrape processor bowl again and then add vanilla.

Fold egg whites carefully into cheese mixture. Line a metal bowl with plastic wrap and fill with cheesecake batter. Fold over tops of plastic wrap and cover top of bowl with another layer of plastic wrap. Then cover with a layer of aluminum foil. Place in a larger metal bowl with some water in it (a bain marie) and place in a 350 degree oven for about an hour. Cool and invert to serve. Serves 12.

## **LOW CHOLESTEROL SLIM CHEESECAKE WITH FIG CRUST**

### **CRUST:**

- |   |                                     |
|---|-------------------------------------|
| <b>1 1/4 c. dried figs (white<br/>California)</b> | <b>1/2 c. graham cracker crumbs</b> |
|---|-------------------------------------|

Process until it forms a ball of dough.

- |                              |                        |
|------------------------------|------------------------|
| <b>2 oz. water (1/4 cup)</b> | <b>2 pkts. gelatin</b> |
|------------------------------|------------------------|

Soften together.

- 1 can evaporated nonfat milk,  
heated**

Use springform pan that is oiled well and press dough on bottom and up edges. Add hot milk to gelatin and stir. In processor place:

- |                                |                               |
|--------------------------------|-------------------------------|
| <b>1 pt. 2% cottage cheese</b> | <b>1 tsp. vanilla extract</b> |
| <b>1 whole egg</b>             | <b>2 tsp. lemon juice</b>     |
| <b>3 oz. soft brown sugar</b>  | <b>Gelatin/milk mixture</b>   |

Pour mixture into crust. Place in refrigerator for 2 hours. Serve with wedges of Kiwi or sliced strawberries or your favorite fruit. This cake has only about 200 calories per slice compared to close to 700 for commercial New York Cheesecake.

## **PUMPKIN CHEESECAKE WITH MARBELIZED CHOCOLATE**

1 lb. cream cheese  
3/4 c. brown sugar  
3/4 c. graham cracker crumbs  
5 tbsp. butter  
2/3 c. sugar  
1/4 tsp. cinnamon  
1/4 tsp. ginger  
1/8 tsp. ground cloves

1/2 c. canned pumpkin (or fresh  
cooked, but NOT prepared  
pie filling)  
5 eggs  
3 oz. bittersweet chocolate  
1/3 c. heavy cream  
Marzipan pumpkins for garnish  
(or improvise garnish)

Beat cream cheese at low speed. Make crust: to 3/4 cup brown sugar and graham cracker crumbs, add 5 tablespoons melted butter. Press into bottom of springform pan, or a regular cake pan if you don't have one. Add sugar, cinnamon, ginger and cloves, then the pumpkin.

Then add the eggs, one at a time. Scald the heavy cream and pour over the chopped bittersweet chocolate in a bowl. Add cheesecake mixture to springform or cake pan, pouring carefully over crust. Drizzle melted chocolate on top in a spiral pattern, with a spoon swirl for a marbelized effect.

Place in a warm water bath (1/2 to 2/3 of the way up the pan) and bake at 275 degrees for 55 minutes to one hour. Bring to room temperature and refrigerate at least 2 hours.

For unmolding if you used a regular cake pan dip pan into hot water for 10 seconds, invert onto a cardboard and invert again onto another cardboard or your decorative serving plate. Garnish.

# **DARK CHOCOLATE AND PUMPKIN CHEESECAKE**

## **CRUST:**

<b>1 c. pecans, ground</b>	<b>1 tsp. unsalted butter</b>
<b>6 fudge cookies, crumbled</b>	

Make a crust and press onto bottom of springform pan.

## **CHOCOLATE CHEESECAKE LAYER:**

<b>8 oz. semi sweet chocolate, melted</b>	<b>1/4 c. brewed coffee</b>
---	-----------------------------

Cream with a paddle:

<b>3/4 lb. cream cheese, softened</b>	<b>1/2 tsp. salt</b>
<b>3/4 c. granulated sugar</b>	

Add 1 egg at a time, total of 3 eggs. Scrape sides of bowl with a rubber spatula. Add 1 teaspoon vanilla extract. Add melted chocolate on lower speed. Pour into a springform pan, spreading evenly. Bake at 300 degrees for 45 minutes or until set.

## **PUMPKIN CHEESE CAKE LAYER:**

<b>2 tsp. unsalted butter</b>	<b>1/4 tsp. cinnamon</b>
<b>1 lb. cream cheese, softened, melted</b>	<b>1/8 tsp. ground cloves</b>
<b>3 eggs</b>	<b>1 c. pumpkin puree</b>
<b>1/2 tsp. vanilla</b>	<b>3/4 c. sugar</b>
<b>1/4 tsp. allspice</b>	<b>2 tbsp. flour</b>
	<b>1/2 tsp. salt</b>

Cream butter and cream cheese. Add sugar, flour and salt. Scrape sides of bowl with a rubber spatula. Add eggs, one at a time. Add vanilla and spices. Add pumpkin and mix. Scrape sides and continue mixing. Pour into parchment lined pan, same diameter as springform pan.

Bake at 300 degrees for 1 hour 10 minutes. Turn off oven. Cakes remain in oven 20 minutes, then cool 20 minutes at room temperature. Refrigerate chocolate 1 hour, pumpkin at room temperature.

## **MAKE A GANACHE**

**1 c. heavy cream**  
**2 tbsp. butter (unsalted)**

**2 tbsp. sugar**  
**12 oz. semi sweet chocolate**

Bring to a boil first 3 ingredients. Pour over 12 oz. semi sweet chopped chocolate. Whisk. 1 cup is placed directly on the dark chocolate layer. Remove parchment paper from pumpkin layer and it is placed on top. Place in freezer for one hour. Remove from springform pan and top with remaining ganache.

Refrigerate for at least 30 minutes before serving.

## **RICH ICEBOX CAKE**

(Similar to a Chocolate Mousse Cake)

**2 pkgs. (4 oz. each) sweet cooking  
chocolate**  
**3 tbsp. sugar**  
**Dash of salt**  
**3 tbsp. water**

**18 ladyfingers, split**  
**6 egg yolks**  
**1 tsp. vanilla**  
**1/2 tsp. brandy extract**

Combine chocolate, sugar, salt and water in saucepan; stir over low heat until chocolate is melted. Cool. Meanwhile, line bottom and sides of a 9 inch springform pan with ladyfingers. Add egg yolks to the chocolate mixture, one at a time beating thoroughly after each addition. Add vanilla and brandy; mix well; beat egg whites until stiff peaks will form; fold into chocolate mixture. Pour into ladyfinger lined springform pan. Chill until set, about 3 hours. Before serving, garnish with prepared whipped topping. Makes 10 to 12 servings.

*Kate Siemsen '64*



## ROYAL CARIBBEAN'S CHOCOLATE MOUSSE CAKE

### CAKE:

8 oz. semi sweet chocolate	2 tbsp. orange flavor liqueur
3/4 stick (6 tbsp.) unsalted butter	(Grande Marnier)
8 lg. eggs, separated	1 tbsp. grated orange rind
1 c. sugar, divided	3/4 tsp. salt
	2/3 c. all purpose flour

Butter a 9 inch springform cake pan, line the bottom with waxed paper and butter the paper. Dust the pan with flour and knock out the excess. Preheat the oven to 350 degrees.

In the top of a double boiler, heat the chocolate over simmering water, stirring until just melted. Remove the pan from the heat and stir in the butter, 1 tablespoon at a time. Stir until the mixture is smooth.

Beat the egg yolks and 3/4 cup of the sugar with an electric mixer until mixture falls like a ribbon. Stir in the melted chocolate mixture, the liqueur and the orange rind. Transfer to a large bowl.

In a clean, nonmetallic bowl, beat the egg whites with a pinch of the salt until foamy, then gradually add the remaining 1/4 cup of sugar, beating until egg whites are stiff.

Stir together the flour and the remaining salt. Stir about a fourth of the egg whites into the batter. Fold in about a fourth of the flour mixture. Continue folding in ingredients alternately until all are incorporated.

Pour the batter into the prepared cake pan, smoothing the top, and bake in the middle of the oven for 30 to 35 minutes, or until cake tests done. Let the cake cool in the pan upright for 5 minutes, then invert on rack, remove sides and waxed paper and let cool completely.

### FILLING:

8 oz. dark couverture chocolate	3/4 c. heavy cream
(Lindt)	5 eggs, separated
2 tbsp. heavy cream	6 tbsp. sugar, divided
2 tbsp. dark Jamaican rum	1 tsp. unflavored gelatin
(Myers)	dissolved in 1/2 cup hot water
2 tbsp. butter, softened	
2 tbsp. espresso coffee	

Chop the chocolate in small pieces and reserve. Bring the 2 tablespoons heavy cream to a boil, add the rum, then pour over the chocolate and mix until smooth. Stir in the butter, then the espresso. Set

aside.

Whip the 3/4 cup heavy cream to the soft peak stage. Reserve in refrigerator. Beat the egg yolks with 3 tablespoons of the sugar in an electric mixer until mixture falls like a ribbon. Add this gently to the chocolate mixture, then fold in the whipped cream.

Beat the egg whites until soft peaks form, then gradually add the remaining 3 tablespoons sugar and beat until stiff. Stir in the gelatin that has been dissolved in the hot water. Gently fold the meringue into the chocolate mixture. Chill until cake is cool.

## **TO ASSEMBLE THE CAKE:**

2 tbsp. espresso  
2 tbsp. dark Jamaican rum  
2 tbsp. sugar

4 oz. semi sweet chocolate  
Confectioners' sugar

Place the espresso, rum and sugar in a small saucepan and bring to a boil, stirring constantly, and cook 1 minute, or until mixture forms a medium syrup. Remove from heat and reserve. Slice the cooled chocolate sponge cake into 3 layers.

Put 1 teaspoon of the mousse in the center of an 8 inch cardboard round or a serving plate. Set one of the cake layers, bottom side up, on top. Brush this cake layer with the reserved syrup to moisten. Cover with a third of the chocolate mousse, smoothing it even.

Place a second layer on top, brush with the syrup, then with another third of the mousse. Place third layer on top and repeat, smoothing some of the mousse on the sides.

Place the cake in the refrigerator overnight. You may want to "build" it in a springform pan or a bowl just large enough to hold it. When thoroughly chilled, unmold the cake and decorate the top with chocolate shavings, then sprinkle lightly with confectioners' sugar. Serve cold. Makes 10 servings.

## GODIVA CHOCOLATE MOUSSE CAKE

The flavor of this rich, dense cake is even better when the cake is allowed to mellow for a day or two in the refrigerator. Makes one 8 inch cake.

4 oz. semisweet baking chocolate, preferably Godiva	3 egg whites
1/2 c. unsalted butter, cut into small pieces	Chocolate Icing (recipe follows)
4 egg yolks	1 tbsp. unsweetened cocoa powder
1/2 c. granulated sugar	1 tsp. confectioners' sugar

Heat oven to 325 degrees. Butter bottom and sides of 8 inch springform pan. Combine chocolate and 1/2 cup butter in top of double boiler over simmering water; heat, stirring frequently, until chocolate is melted. Remove from heat; let cool.

Beat egg yolks and granulated sugar in large bowl until light and lemon colored. Add cooled chocolate mixture, stirring to blend thoroughly.

Beat egg whites in a medium bowl with clean beaters until stiff peaks form. Stir half the egg whites into chocolate batter to lighten; fold in remaining whites. Pour batter into prepared pan. Bake until wooden pick inserted in center of cake is withdrawn clean, about 1 hour. Remove to wire rack; let cool 15 to 20 minutes. Remove sides of pan; invert cake onto serving plate to cool completely.

While cake is cooling, make Chocolate Icing. Spread chocolate icing evenly over top and sides of cake, using thin, flexible metal spatula. Sieve cocoa powder evenly over cake; sieve confectioners' sugar evenly over cocoa powder.

### CHOCOLATE ICING:

Makes about 2 1/4 cups.

4 oz. unsweetened chocolate	4 egg yolks
1/2 c. unsalted butter, cut into small pieces	1/2 c. sugar
	3 egg whites

Combine chocolate and butter in top of double boiler over simmering water; heat, stirring frequently, until chocolate is melted. Remove from heat; let cool.

Beat egg yolks and sugar in large bowl until light and lemon colored. Add cooled chocolate mixture, stirring to blend thoroughly.

Beat egg whites in medium bowl with clean beaters until stiff peaks form. Beat half the egg whites into chocolate mixture to lighten; fold in remaining whites. Use immediately.

## CHOCOLATE HAZELNUT TORTE

7 egg whites  
1/2 c. sugar plus 1/4 c. sugar  
1/2 lb. finely ground hazelnuts  
1/4 c. purchased hazelnut paste  
1 tbs. Kirsch (cherry-flavored  
brandy) and a splash of  
Grand Marnier

Double recipe of your favorite  
buttercream icing  
8 oz. semisweet chocolate  
1 pt. whipping cream  
2 egg yolks

Butter a large baking sheet. Mark 8 (preferably) or 9 inch rounds on parchment paper, you can use a cake pan as a guide for your pen; after marking 4 rounds, butter the other side of the parchment paper, and fit it onto the buttered baking sheet, ink side obviously down. If you have a second baking sheet, you may need it to fit all four rounds, or just do two batches. Use a spatula to spread the beaten egg white (beaten with the 1/2 cup sugar with the ground hazelnuts folded in) mixture onto the rounds on the parchment paper. Bake at 450 degrees for 5 minutes.

Into half the buttercream, add the hazelnut paste and the Kirsch, and set aside. Melt the chocolate in a warm water bath, or in the top of a double boiler, where the water has boiled but is no longer boiling, making sure that the boiled water does not touch the pot with the chocolate.

Half of the melted chocolate is added to the other half of the buttercream. Set it aside for the final step.

The whipping cream is beaten stiff, and then refrigerated. Place the 1/4 cup sugar and 2 tablespoons water in a saucepan over medium heat and make a simple syrup, and remove from heat. On the top of a double boiler, place the syrup, the splash of Grand Marnier, and 2 egg yolks. Stir to combine and remove as soon as it thickens.

The remaining melted chocolate is folded carefully into the whipped cream, forming chocolate mousse.

Assembly: the bottom hazelnut meringue layer is placed bottom side up either on a cardboard template or your final serving plate (if you don't want to move it later). Coat with syrup, then hazelnut cream, then chocolate mousse. The mold goes into the freezer for a few minutes, then continue layering first a meringue layer, brush with syrup, hazelnut cream, chocolate mousse. If it seems unstable, place in the freezer a few minutes after mousse layers. Place in freezer 10 minutes, then the final decorative chocolate buttercream finishes the cake. If any chocolate mousse remains, place it in a pastry bag and pipe stars around top edge. Refrigerate until serving.

*Ellen Weintraub '71*

## JO'S HAZELNUT CAKES

- |   |  |
|---|--|
| 1 7/8 c. all purpose flour plus 1<br>tbsp. flour for dusting<br>baking pans | 1 c. heavy cream or creme fraiche<br>1/2 tsp. almond extract   |
| 2 tsp. baking powder  | 1/3 c. hazelnuts, finely ground                                |
| 1 tsp. salt   | 8 individual small loaf cake<br>pans, 4 1/4 x 2 1/2 x 2 inches |
| 8 tbsp. soft unsalted butter  | 2 tbsp. melted butter for<br>greasing pans                     |
| 1 c. granulated sugar   |  |
| 2 eggs  |  |

Preheat oven to 350 degrees. In a mixing bowl, sift together the flour, baking powder and salt. In a separate bowl, cream the butter and sugar with a mixer until light and fluffy. Add the eggs one at a time, beating after each addition.

Add flour mixture while beating. Add the heavy cream 1/2 cup at a time. Add the almond extract. Remove batter from the machine and fold in the ground hazelnuts with a spatula.

Brush the cake pans with the melted butter and dust with flour, shaking off the excess. The batter should be thick. Divide the batter evenly among the cake pans. Bake for 30 minutes or until done. Remove cake from pans and cool on a wire rack. Serve with grappa mascarpone cream.

### GRAPPA MASCARPONE CREAM:

- |                             |   |
|-----------------------------|---|
| 3/4 c. heavy cream, chilled | 1 tsp. grappa, or to taste                |
| 2 tbsp. granulated sugar    | 3 persimmons, peeled and cut in<br>wedges |
| 3/4 c. mascarpone           |   |

Beat cream while slowly adding sugar until firm peaks form. In a separate bowl, beat the mascarpone. Add the whipped cream and grappa, blending well.

To serve, slice each cake into six pieces and place on a dessert plate. Place persimmon wedges around the cake. Place about a tablespoon of mascarpone cream on each plate. Serves 8.

*New York Times*

## CHOCOLATE HAZELNUT TORTE

6 oz. semisweet or bittersweet  
baking chocolate  
6 oz. sweet butter  
4 lg. eggs  
1/2 c. sugar  
1/2 c. ground toasted hazelnuts

4 tbsp. sifted flour  
1/8 tsp. almond extract  
1/4 c. sugar  
1/8 tsp. cream of tartar  
Pinch salt

Preheat oven to 375 degrees Fahrenheit. Grease and flour an 8 x 3 inch round cake pan or line the bottom with parchment paper.

Melt chocolate and butter over low heat in a small saucepan placed in a larger pan partially filled with water. Stir occasionally until melted and smooth, then remove from heat. Meanwhile separate eggs, placing the whites in a clean dry mixing bowl with the salt and cream of tartar. In another bowl whisk the yolks with 1/2 cup sugar and the almond extract, until the mixture is pale and forms a ribbon when the beater is lifted. Stir in the warm chocolate mixture, nuts and flour. Set aside.

Beat egg whites, salt and cream of tartar until soft peaks form. Slowly sprinkle in remaining sugar while continuing to beat until the whites are stiff but not dry. Fold about 1/3 of the whites thoroughly into the chocolate batter to lighten it, then quickly fold in the remaining whites. Turn mixture into the prepared pan and bake for 45 to 50 minutes. A toothpick stuck into the center of the cake should show moist crumbs, not too dry, not too runny. Cool the cake in the pan. Glaze with chocolate cognac glaze (recipe follows).

### CHOCOLATE COGNAC GLAZE:

4 oz. sweet butter, cut into bits  
6 oz. semisweet or bittersweet  
baking chocolate, cut into  
bits

1 tbsp. light corn syrup  
2 to 3 tsp. cognac

Place chocolate, butter, and corn syrup in a small saucepan and warm gently in a water bath over low heat. Stir frequently until glaze is smooth and completely melted. Don't let it get too hot. Remove from heat, stir in cognac, and set aside until nearly set. Refrigerate if you are in a hurry.

To glaze the cake: Allow glaze to cool until almost set but still spreadable. Meanwhile run a knife around the edges of the completely cooled cake to release it from the sides of the pan. Cooled cake will have settled in the center, leaving a high rim around the sides.

Press this rim firmly with your fingers so it is level with the center of cake. Now reverse the cake onto a cardboard circle cut exactly to fit the cake. Place on a decorating turntable or on work surface covered with wax

paper. Peel away the parchment paper if you have used it. The bottom of the cake now has become the top. Spread the sides and top of the cake with just enough cooled glaze to smooth out any imperfections, cracks, or ragged places (this is the "crumb coat," an undercoating to prepare for a smooth final glaze). Gently reheat the remaining glaze over just barely warm water until it is smooth and pourable and the consistency of very heavy cream. It should be just lukewarm. Strain glaze through a fine strainer to remove air bubbles or crumbs. Pour all the glaze onto the center of the top of the cake. Use a metal spatula to coax the glaze over the edges of the cake, coating all sides. Use as few strokes as possible. When the cake is coated, lift it off wax paper or decorating turntable and let it dry on a rack before removing it to a serving platter.

The cake may be presented as it is or decorated with chopped, toasted hazelnuts pressed around the sides of the cake just before the glaze hardens. Or, melted chocolate can be piped through a paper cone for a more elaborate decoration.

**TO TOAST HAZELNUTS:** Hazelnuts (also called filberts) should be toasted in a 375 degree Fahrenheit oven for about 15 minutes. Allow the nuts to cool, rub off most of their skins, and pulverize them, a handful at a time, in a blender or food processor using an on-off action to prevent making nut butter.

## GATEAU GRAND MARNIER

This elaborate, special-occasion cake is not difficult if you approach it confidently and break it down into a step-by-step project. First prepare the cake, a French genoise.

### CHOCOLATE GENOISE:

1/2 c. sifted flour  
1/2 c. unsweetened cocoa  
4 lg. eggs  
2/3 c. sugar

3 tbsp. warm clarified sweet  
butter\*  
1 tsp. vanilla

Preheat oven to 350 degrees Fahrenheit. Grease and flour an 8 x 2 inch round cake pan, or line the bottom with waxed or parchment paper. Sift together flour and cocoa.

Place egg and sugar in a large mixing bowl. Stir briefly to combine. Place bowl over a saucepan containing 2 inches of barely simmering water. Heat the eggs over the water, stirring occasionally. When they are warm to the touch, remove bowl from heat, and beat the egg mixture at high speed with an electric mixer until they have cooled, tripled in bulk, and resemble softly whipped cream. Remove bowl from mixer.

Sift about 1/3 of the flour-cocoa mixture over the eggs. Fold gently to combine. Repeat the sifting and folding process twice more to incorporate all of the flour and cocoa. Scoop about 1 cup of the batter into a bowl, and combine with warm butter and vanilla. Return this mixture to the remaining batter and fold gently to combine. Turn batter into prepared pan and bake 45 to 60 minutes or until cake shrinks slightly from edges of pan and the top springs back when pressed with fingers. Cool cake in the pan.

While the cake is baking, prepare the butter-cream frosting.

\*To clarify butter, melt it and allow it to settle. Skim foam from the top and pour off liquid, leaving white solids in the pan. The liquid you have poured off is clarified butter. Four tablespoons solid butter will make approximately 3 tablespoons clarified butter.

### CHOCOLATE BUTTER CREAM:

1/2 c. sugar  
1/4 c. water  
1/8 tsp. cream of tartar  
6 oz. sweet butter (1 1/2 sticks)

1 egg  
8 to 10 oz. semisweet or  
bittersweet chocolate  
1/4 c. water

Combine sugar, water and cream of tartar in a small saucepan. Cover and bring to a boil. Simmer, covered, for 2 to 3 minutes. Uncover and wash undissolved sugar crystals from edges of the pan with a wet pas-



try brush. Place candy thermometer in the pan, and cook u until syrup reaches 242 degrees Fahrenheit. Meanwhile, beat egg until light. When syrup is done, slowly pour it over the beaten egg. Continue beating until mixture is cool. Beat in butter bit by bit. Continue to beat until butter cream is smooth and spreadable.

Melt chocolate with water in a small bowl placed in a pan of barely simmering water. Stir until smooth. Cool slightly and stir into butter-cream mixture.

You'll also need some liqueur-flavored simple syrup for the finished product. The simple syrup alone will keep indefinitely and is good to use in sweetened drinks such as punches, toddies, or iced tea.

### **SIMPLE SYRUP WITH GRAND MARNIER:**

**2 c. sugar**  
**1 c. water**

**1/4 tsp. cream of tartar**  
**1/3 c. Grand Marnier**

Combine all ingredients in a small saucepan. Cover and simmer 2 minutes. Uncover and cool. Makes about 1 1/2 cups. Combine 1/3 cup of the syrup and 1/3 cup Grand Marnier.

For the final assembly you will also need:

**1 to 2 oz. melted semisweet or**  
**bittersweet chocolate**

**Apricot jam**

Now to assemble this fantastic cake, simply split the cooled genoise into three layers with a serrated bread knife. Reverse the top layer onto a cardboard circle or cake plate. With a pastry brush, moisten it with some of the Grand Marnier syrup mixture. Spread a thin layer of apricot jam over moistened cake layer then spread some chocolate butter cream thinly over jam. Brush second cake layer with some of the syrup, spread it with jam and chocolate butter cream. Place third layer on top and moisten with syrup. Finally, cover the whole cake with remaining chocolate butter cream. Decorate the finished cake with chocolate piped from a pastry tube or a paper cone.

## HAZELNUT CHOCOLATE CAKE

Preheat oven to 350 degrees.

1 1/2 c. hazelnuts  
1 c. plus 1 tbsp. butter  
1 c. granulated sugar  
5 eggs, separated, at room  
temperature  
1 tbsp. vanilla

1 1/2 c. unbleached all purpose  
flour  
1/2 c. baking cocoa  
1 tsp. baking powder  
1/8 tsp. salt  
3 tbsp. confectioners' sugar

Place skinned nuts on a cookie sheet and toast about 5 minutes. If they are not skinned the skins will remove easily after toasting. Remove and cool. Then coarsely chop them and set aside.

In a large bowl with an electric mixer, cream 1 cup butter with the sugar until lemon colored. Add the egg yolks one at a time, beating each in completely. Add the vanilla and continue to beat a few seconds more. Sift the flour, cocoa, and baking powder together. Using an electric mixer gradually add the flour mixture to the egg mixture. Fold in the nuts and set aside.

In a separate bowl beat the egg whites with the salt until very stiff. With a rubber spatula, fold the egg whites in a little at a time into the egg mixture. With the remaining tablespoon of butter grease a deep 9 1/2 inch springform pan then dust the pan with flour, shaking out the excess. Spread the batter in the pan and bake for 50 to 60 minutes. Let the cake cool in the pan for 20 minutes. Carefully release the sides of the pan, remove the bottom and let cake cool on a rack. When ready to serve dust the cake with confectioners' sugar through a doily.

## **EBONY AND IVORY DACQUOISE**

### **MERINGUE LAYERS INGREDIENTS:**

<b>3/4 c. confectioners' sugar</b>	<b>1/4 tsp. cream of tartar</b>
<b>1 tbsp. cornstarch</b>	<b>1/8 tsp. salt</b>
<b>8 egg whites</b>	<b>1 c. sugar</b>

With a hand mixer, beat whites, gradually adding other ingredients. Beat until stiff. Put 1/3 of meringue into pastry bag and pipe concentric circles in 3 big spirals onto a parchment paper lined baking sheet. Fill in any holes. Bake at 250 degrees first hour, then at 200 degrees 2 more hours.

### **CHOCOLATE BUTTERCREAMS**

<b>6 oz. semi sweet dark chocolate and 2 oz. unsweetened chocolate</b>	<b>8 oz. white chocolate</b>
--	------------------------------

Separately melt chocolates over 2 double boilers. Allow melted chocolates to come to room temperature while you beat 1 pound unsalted butter cut into 8 pieces until light and airy, then separate into two bowls. Add room temperature chocolate to each bowl of butter separately. Fold in half of remaining meringue to each bowl. Reserve 2 cups of each and place remainder of each into two pastry bags. Leave at room temperature.

### **GANACHE:**

<b>3/4 c. heavy cream</b>	<b>2 tbsp. unsalted butter</b>
---------------------------	--------------------------------

Boil. Melt over 6 oz. chopped semisweet chocolate. Stir until smooth. Keep at room temperature until needed.

Assembly: Place one meringue on a 9 inch cardboard cake circle and trim with a sharp serrated knife to precise size of circle. Alternate concentric circles of piped white and dark buttercream with dark chocolate on the outside. When the round is filled, place another trimmed meringue layer on top. Use the three meringue layers; place circles of buttercream on the middle two. Turn the last layer upside down so it is flat on top. Ice with chocolate buttercream. Put dacquoise in refrigerator for 15 to 20 minutes. Place on a rack; pour ganache on top. Pipe a ring of stars on edge with white buttercream; pipe ring of dark buttercream stars inside that. When cut, this cake presents exquisitely.

*Death by Chocolate*

## CHOCOLATE PECAN CAKE

8 eggs  
1 1/2 c. sugar  
1/2 c. bourbon  
1 lb. ground pecans and 16  
halves

1 3/4 lb. semi sweet chocolate  
1/3 c. vegetable oil

Butter a spring form pan and dust with sugar. 12 oz. semi sweet chocolate is melted over a double boiler, add 1/2 lb. softened butter, cubed.

Beat separately 8 egg yolks and 8 whites (1 1/2 cup sugar), beat whites first with 1/2 cup sugar. When yolks and 1 cup sugar are at ribbon stage, incorporate chocolate. Add 1/2 cup bourbon. Fold in egg whites and 1 lb. finely ground pecans.

Immediately place in buttered and sugared pan. Bake at 300 degrees for 1 1/2 to 1 3/4 hours. Trim around top edges so it sits flat on platter, because it is inverted.

### GLAZE:

1 lb. semi sweet chocolate,  
melted

1/3 c. vegetable oil

Glaze with a ladle on a rack then top with pecan halves around edges. Refrigerate.

## FROZEN FRENCH SILK CAKE

- |  |   |
|--|---|
| 1 c. all purpose flour   | 2 eggs  |
| 1 c. unsalted butter or margarine<br>(divided use)             | 1 (1 oz.) square unsweetened<br>chocolate, melted |
| 1/2 c. coarsely chopped pecans                                 | 1 c. whipping cream                               |
| 1/4 c. firmly packed dark brown<br>sugar                       | 2 tsp. creme de cacao                             |
| 3/4 c. plus 2 tbsp. superfine<br>sugar (divided use: see note) |   |

NOTE: Superfine sugar, or bar sugar, is sold in some liquor stores. If you use regular granulated sugar, be sure to beat the mixture until it no longer feels grainy.

Line a 9 inch square baking pan with aluminum foil, leaving an overhang to form handles. Grease foil.

Position knife blade in food processor bowl. Combine flour, 1/2 cup butter cut into pieces, pecans and brown sugar in food processor. Cover and pulse 4 or 5 times or until the mixture resembles coarse meal. Press mixture into bottom of prepared pan. Bake at 350 degrees for 18 to 20 minutes or until lightly browned. Let cool.

Cream remaining 1/2 cup butter in a large mixing bowl. Gradually add 3/4 cup sugar, beating until light and fluffy. Add eggs, one at a time, beating well after each addition. Add melted chocolate; beat 3 minutes in an electric mixer on medium speed. Spread mixture evenly over cooled crust. Cover; chill 2 hours.

In an electric mixer, beat whipping cream in a medium mixing bowl at high speed until soft peaks form. Gradually add remaining 2 tablespoons superfine sugar and creme de cacao, beating until stiff peaks form.

Remove chilled chocolate mixture from pan, using foil handles. Peel off foil. Cut chocolate covered crust in half to form two 9 x 4 1/2 inch rectangles. Place one rectangle, crust side down, on a serving plate; top with half of whipped cream mixture. Place remaining rectangle over whipped cream layer; spread half of remaining whipped cream mixture over top of cake. Garnish with remaining whipped cream mixture; freeze. Let cake stand 1 hour at room temperature before serving. Makes 10 servings.

## DUTCH FAMILY CAKE

1/2 c. solid vegetable shortening	1 tsp. vanilla
2 sq. unsweetened baking chocolate	1/2 c. chopped pecans
1 c. sugar	1 c. all purpose flour
2 eggs, well beaten	1/2 tsp. baking powder
1 c. applesauce	1/4 tsp. baking soda
	1/4 tsp. salt

Melt and blend the shortening and chocolate together over low heat. Cool. Stir in the sugar, eggs, applesauce, vanilla and pecans. Sift the flour, baking powder, baking soda and salt together and stir into the chocolate mixture. Pour into an 8 x 8 inch greased pan and bake 35 to 40 minutes at 350 degrees. Cut into squares. Serves 8.

## CHOCOLATE LAYER CAKE

1 1/2 c. flour  
6 egg whites  
8 egg yolks

1 1/2 c. plus 2 tbsp. sugar  
1/2 lb. butter, softened  
12 oz. chocolate, finely grated

Sift dry ingredients. Beat 6 egg whites and 1/2 cup sugar until stiff but not dry and place in refrigerator. Place 8 egg yolks and 1 cup sugar on high speed in a mixer for one minute and then on low speed. Add 1 1/2 cups flour and mix. Stop mixer and scrape sides of bowl. Add creamy butter.

Stop mixer and remove bowl, fold in 1/3 of egg whites with a rubber spatula and fold in well. Add remainder of egg whites. Add 10 ounces grated chocolate.

Pour speckled batter into 2 cake pans and bake at 325 degrees for 25 to 30 minutes.

### ICING:

Place in mixer at low speed:

1/2 lb. butter, softened  
3/4 c. unsweetened cocoa

1/4 tsp. salt

Scrape sides of bowl down. Add:

1 tsp. vanilla  
1/3 c. half and half

4 c. confectioners' sugar

Mix at low speed scrape sides, then increase to medium speed for 3 to 5 minutes.

Assembly: cut layers in half. Ice each layer and end up with a cooked layer on top. Remaining 2 oz. of chopped chocolate are placed around sides.

# **CHOCOLATE TEMPTATION CAKE**

## **CAKE:**

**1/2 lb. unsalted butter**  
**6 1/2 oz. semisweet chocolate,**  
**chopped**

**4 egg whites**  
**9 egg yolks**  
**1 c. granulated sugar**

## **GANACHE:**

**3 1/2 c. heavy cream**  
**4 tbsp. butter**  
**1/4 c. sugar**

**2 lbs. semisweet chocolate,**  
**broken into 1/2 oz. pieces**

## **RASPBERRY PUREE:**

**1/2 pt. fresh red raspberries**  
**2 tbsp. sugar**

**1 c. hazelnuts, toasted and**  
**chopped**

Preheat oven to 325 degrees.

Butter two 9 1/2 inch cake pans with 2 tablespoons butter. Melt remaining 7 oz. of butter with the 6 1/2 oz. of chopped chocolate in a double boiler. Mix egg yolks and sugar until lemon colored.

Beat 4 egg whites until stiff but not dry, and refrigerate. Fold chocolate mixture into egg yolk mixture. Fold about 1/4 of egg whites into chocolate mixture, incorporate, then add rest of egg whites.

Pour into cake pans and bake in 325 degree oven for 20 to 22 minutes, switching the two layers between the top and bottom of the oven halfway through. Cool 30 minutes. Then refrigerate one of the cakes and keep one at room temperature.

Puree 1/2 pint raspberries and 2 tablespoons granulated sugar. Cover and refrigerate. Bring 3 1/2 cups heavy cream to a boil, add 4 tablespoons butter, whisk in 1/4 cup granulated sugar. Pour over chopped 2 pounds of chocolate. Whisk until incorporated.

3 cups of ganache will be combined with toasted chopped hazelnuts. Remainder is used for ladling and decorating.

Refrigerate 1 cup of plain ganache to put into a pastry bag later for decorating. Keep rest at room temperature.

Spread bottom cake layer with raspberry puree, then hazelnut ganache. Place second layer on top. Use a spatula and apply a little ganache around the edge. Place cake in freezer 10 to 15 minutes. Place cake on a rack on top of a pan. Keep bowl of plain ganache warm with



either a heating pad or set the bowl in a pan of hot (not boiling) water.

Ladle ganache over top, 3 ladles at least, using a spatula to make sure the sides are covered too. Garnish with stars of refrigerated ganache piped from a pastry bag. Further garnish with edible flowers if available.

*"Death by Chocolate"*

## **COUSIN ETHEL'S CHOCOLATE CAKE**

1 lb. brown sugar

6 eggs, separated

1/4 lb. butter

1/4 lb. unsweetened chocolate

1 c. flour

1 tsp. baking soda

1 c. sour cream

1 tsp. vanilla

Beat egg whites until stiff. Set aside. Mix sugar with egg yolks and beat well. Melt butter and chocolate and add. Alternate with sour cream with the soda dissolved in the sour cream. Add flour and vanilla. Fold in whites. Bake in 350 degree oven one hour to one hour 10 minutes in ungreased pan. Invert to cool.

*Ellen Weintraub '71*

## **RUM CAKE (DRUNKEN CAKE!!)**

Heat oven to 325 degrees. Grease and flour bundt pan. Sprinkle, generously, chopped nuts into bottom of pan.

1 (18 oz.) pkg. yellow cake mix  
(pudding in the mix variety  
best)

3 eggs

1/2 c. cold water

1/2 c. Rum

1/3 c. Wesson oil

Mix all ingredients together thoroughly. Pour into Bundt pan. Bake 1 hour. Cool. Invert. Remove from pan. Add glaze when cake is slightly warm for best results.

### **GLAZE:**

1/4 lb. butter (less actually)

1/4 c. water

1/2 c. Rum

1/2 c. granulated sugar

Drizzle over cake at intervals so it can be absorbed. Keeps well (if covered). Freezes okay for a short time.

*Jeanne Weiler*

*Mother of Wendy '71, Pamela '79 and Patricia '76*

## COUSIN ETHEL'S HONEY CAKE

3 eggs	1/4 c. oil
1 1/3 c. honey	4 c. flour
1 c. brown sugar	2 tsp. baking powder
1 c. sweet red wine	1 c. coarsely chopped walnuts
1 tsp. baking soda	

Beat eggs, sugar, honey and oil. Add wine, baking soda. Then add flour. Fold in nuts. Bake at 325 degrees for 45 minutes to one hour in oiled oblong pan.

*Ellen Weintraub '71*

## KUGELHOPF

1 1/2 c. flour	1/2 c. milk
1 pkg. fresh yeast	3/4 c. sultana raisins
4 eggs	20 almonds
2 tsp. salt	4 oz. butter
1/2 c. sugar	5 eggs

Make an island with flour, add salt, yeast and eggs in center. Add milk little by little and start to knead. When incorporated work dough and hit dough on surface and add butter with hands. Add raisins until well spread out. Roll into a ball. Place almonds into indentations at bottom of buttered and floured Kugelhopf mold, shape dough into a doughnut. Place inside and bake at 300 degrees for 45 minutes.

## JAM CAKE

Preheat oven to 350 degrees.

2 c. flour	1/3 c. milk with 2 tsp. yeast
1 1/2 c. plus 2 tbsp. sugar	dissolved into it
2 lemons' peels	2 beaten eggs
1/4 lb. butter, unsalted, at room temperature	

Mix with a fork to incorporate. Place on a board and knead very lightly. Butter and flour a baking sheet. Spread dough gently on sheet. Form with your hands into a rectangle shape. Place 1 cup of your favorite jam and fold over sides and seal with tines of a fork. Bake until golden, about 30 minutes. Serve warm.

## BUTTERSCOTCH CHEWY CAKE

4 med. eggs	1 1/2 c. chopped pecans or other nuts
2 c. firmly packed brown sugar	1 tsp. vanilla
1 tbsp. butter	Confectioners' sugar
1 1/2 c. all purpose flour	
1 1/2 tsp. baking powder	

Beat the eggs with a rotary beater in the top of a double boiler until just blended. Blend in the brown sugar and butter. Place over rapidly boiling water, stirring constantly just until hot, about 5 minutes. Remove from heat.

Sift together the flour and baking powder. Add all at once to cooked mixture; mix until well blended. Stir in nuts and vanilla. Turn into a well greased and lightly floured 9 x 13 inch pan. Bake in 350 degree oven for 30 minutes, until it springs back when touched lightly in the center with the fingertip. Cut into squares and serve with ice cream or whipped cream or sprinkle while warm with sifted confectioners' sugar. Makes 15 servings.

*The Miami Herald*

## WALNUT CAKE

- |  |   |
|--|---|
| 1 c. butter  | 4 lg. eggs                                    |
| 2 c. sugar   | 1 c. milk                                     |
| 3 c. sifted cake flour (measure<br>after sifting) plus 1 tbsp.<br>unsifted | 1 tsp. pure vanilla extract                   |
| 1 tbsp. baking powder  | 1/2 tsp. almond extract                       |
| 1/4 tsp. salt  | Chocolate walnut butter cream<br>(see recipe) |
| 2 c. broken walnut meats   | 12 whole, large walnut meats for<br>garnish   |

Preheat oven to 350 degrees.

Cut the butter into cubes and add to the bowl of an electric mixer. Gradually add the sugar and beat on medium speed at least 10 minutes.

Sift together the three cups of flour, baking powder and salt. Toss the broken walnut meats with the remaining tablespoon unsifted flour and set aside. Add the eggs one at a time to the creamed mixture, beating well after each addition. Combine the milk with the vanilla and almond extracts.

Alternately, add the flour mixture and milk to the creamed mixture. Beat well after each addition. Add the floured walnut meats and continue beating on low speed until well blended. Lightly butter two loaf pans measuring 9 inches by 5 inches by 3 inches. Spoon and scrape equal portions into the prepared pans.

Put the pans in the oven and bake 50 minutes or until a needle inserted in the center of the cakes comes out clean. Let the pans cool on a rack for 10 minutes. Turn the cakes out onto the rack.

Spread the top of each cake with equal portions of butter cream. Garnish the top of each cake with six whole walnut meats.

Yield: two cakes.

## CHOCOLATE WALNUT BUTTER CREAM

- |  |                              |
|--|------------------------------|
| 1/4 lb. (4 squares) unsweetened<br>chocolate | 1/4 tsp. salt                |
| 2 tbsp. very strong coffee                   | 1/2 c. sugar                 |
| 4 egg yolks                                  | 1 c. butter (one half pound) |
|  | 1 c. broken walnut meats     |

Set a mixing bowl in a basin of simmering water. Add the chocolate and coffee and heat, stirring often, until chocolate is melted and blended. Combine the yolks, salt and sugar in another bowl. Set the bowl in a basin of simmering water and beat the yolk mixture rapidly with a wire whisk or a portable electric mixer. Beat until the mixture forms a "ribbon," that is to say, until it is thickened and falls in a "ribbon" when the beater is held up.

Spoon and scrape the chocolate into the yolk mixture. Return the

bowl to the simmering water and continue beating. Gradually beat in the butter, bit by bit.

Remove the bowl from the heat. Continue beating in a cool place until the mixture thickens slightly and becomes spreadable. Beat in the walnuts. Continue beating with a wooden spoon until the chocolate cream becomes somewhat lighter. Let cool until spreadable. Use the butter cream to spread over the cakes. Yield: Enough icing for one or two cakes.

*NY Times*

## **CHOCOLATE CHIP DATE CAKE**

Preheat oven to 325 degrees. Pour boiling 1 1/2 cups water over 2 cups of dates and add 1 3/4 teaspoons baking soda.

Sift together onto parchment paper:

**1 3/4 c. flour**  
**4 tbsp. cocoa (unsweetened)**

**3/4 tsp. baking soda**  
**1/2 tsp. salt**

Cream together:

**1/4 lb. butter (1 stick) softened**  
**1 c. sugar**

**2 eggs**  
**1 tsp. vanilla extract**

Add dry ingredients. Add dates and water. 9 x 13 x 2 pan is buttered and floured. 1/2 cup granulated sugar is sprinkled on top. Bake 25 minutes at 325 degrees. Place 3 cups semisweet chocolate chips on top and 1 cup chopped walnuts on top. Place in oven another 25 minutes. Allow to come to room temperature. Then refrigerate at least 15 minutes.

## **WALNUT CAKE WITH RUM SAUCE**

(GREEK CARIDOPITA)

8 eggs	3/4 c. sugar
1 c. chopped walnuts plus 6 to 8 whole walnuts	3 c. water
1 lb. cake flour	1 1/2 c. sugar
1 zest lemon	1 tbsp. corn syrup
1 tsp. cinnamon	2 tbsp. dark rum
	Butter

Prepare a simple syrup with sugar and water and corn syrup on medium heat. Separate eggs, add sugar to egg yolks and whisk. Beat egg whites until stiff. Mix walnuts, flour and cinnamon together. Add lemon zest. Pour yolks into whites, add dry ingredients and fold quickly. Pour batter into a buttered round cake pan. Bake in a 350 degree preheated oven 30 to 40 minutes.

Add rum to simmering syrup. Pour several ladles full on top to saturate cake.

## **SOUR CREAM CAKE**

Preheat oven to 350 degrees. Grease pan well (tube pan, large loaf or 2 small loaf pans).

### **TOPPING:**

4 tsp. cinnamon	10 Crushed nuts
12 tbsp. sugar	

Mix well.

1/4 lb. butter	1 c. sugar
1 tsp. vanilla	

Beat well. Add 2 eggs, then 1/2 to 2/3 pint sour cream. Measure:

2 c. flour	1 tsp. baking soda
1 tsp. baking powder	

Add flour mixture to egg-sugar mixture. Beat at low speed for 2 minutes. Put 1/2 batter into pan, then sprinkle 1/2 topping, then remainder of batter, then topping. Bake for 35 to 45 minutes at 350 degrees. Cake is done when toothpick comes out clean.

*Wendy C. Weiler '71*

## **SOUR CREAM COFFEECAKE**

Cream:

**7 oz. butter**

**1 lb. sugar**

When thoroughly mixed, add:

**3 whole eggs**

**1 tsp. vanilla**

Add:

**A pinch salt**

**8 oz. sour cream**

**1 tsp. baking powder mixed with**

**1 tbsp. Kirsch**

**8 oz. cake flour**

Scrape sides occasionally. Bundt pan is sprayed well. Add 1/2 pint of blueberries or raisins (or chocolate chips). Place batter in bundt pan, place sliced toasted almonds, cover with brown sugar. Bake at 325 degrees for 1 1/2 hours. Before serving sprinkle with powdered sugar.

## PECAN COFFEE CAKE

### CAKE:

2 c. sugar  
1 c. unsalted butter  
3 eggs  
2 c. flour

1 tbsp. baking powder  
1 tsp. salt  
1 c. sour cream  
2 tsp. vanilla

### TOPPING:

2 c. crushed pecans  
3 tbsp. butter  
1/4 c. brown sugar  
1/4 c. flour  
3 tbsp. butter

1 tsp. cinnamon  
1/2 tsp. allspice  
1/2 tsp. ginger  
1/2 tsp. nutmeg

Preheat oven to 350 degrees. Cream butter and sugar well. Add eggs one at a time. Mix dry ingredients together. Add 1/2 of the flour mixture. Add 1/2 of the sour cream. Incorporate well, scraping sides. Add rest of flour, sour cream, then the vanilla.

Make topping: mix ingredients together with hands just until butter is not in large pieces. Spray baking dish with vegetable spray, then place half of batter on bottom of pan.

Spread half of topping carefully on top, and place rest of batter on top of that. If fresh berries are in season, incorporate them in this layer of batter at this point. (This is optional). Spread rest of topping evenly with spatula.

Bake at 350 degrees about 45 minutes and serve warm.

*Ellen Weintraub '71*



## MARION KABAT'S GREAT COFFEECAKE

- |  |   |
|--|---|
| 1/4 lb. sweet butter   | 1/2 c. dark or golden seedless raisins    |
| 1/4 lb. commercial cream cheese                              | 1/2 c. coarsely chopped walnuts or pecans |
| Pinch of salt  | 1/2 tsp. ground cinnamon                  |
| 1 c. unsifted flour  |   |
| 1 egg white  |   |
| 3/4 c. more or less, apricot, peach or plum jam or marmalade |   |

Cream together the butter, cream cheese and salt. Add the flour and stir until blended. Shape into a ball and wrap in wax paper. Refrigerate overnight or at least two hours. Preheat the oven to 350 degrees.

Cream together the butter, cream cheese and salt. Add the flour and stir until blended. Shape into a ball and wrap in wax paper. Refrigerate overnight or at least two hours. Preheat the oven to 350 degrees. Layout a length of wax paper. Add the dough and cover with more wax paper. Roll out the dough into an oblong shape about 12 x 15 inches. It should be about one eighth inch thick. Shape it lengthwise left to right and widthwise top to bottom.

Remove the top layer of wax paper and brush the dough with a little egg white. Let stand 5 minutes or less. You may refrigerate it for this period. Spread the surface with jam and sprinkle with raisins and walnuts. Sprinkle with cinnamon.

Starting at the top, with the help of the wax paper, fold one third of the dough down toward you. Brush the top of the exposed, folded down dough with more egg white. Let stand 5 minutes, refrigerated if desired.

Using the wax paper, fold the bottom of the dough up to enclose all the filling. Brush the top with egg white. Press the seam lightly with the tines of a fork to seal. Fold the ends over lightly to seal.

Slip a baking sheet under the dough, wax paper and all. Place in the oven and bake 30 to 35 minutes or until puffed and golden brown. Yield: 8 or more servings.

*NY Times*

## **CRUMB CAKE**

**Yellow cake mix**  
**1 env. Dream Whip**  
**1 c. water**

**4 eggs**  
**1 1/2 tsp. vanilla**

Beat all above ingredients together at high speed for 4 minutes. Grease and flour 12 x 18 x 2 pan. Bake at 350 degrees for 20 to 25 minutes. While baking, slowly melt 3/4 lb. margarine.

Mix together:

**3 c. flour**  
**1 c. sugar**

**3 tsp. cinnamon**  
**Pinch of salt**

Combine melted margarine and 2 1/2 teaspoons vanilla with above and knead. Remove cake from oven and put crumbs on top. Bake at 350 degrees for 20 minutes, turn off oven, leave in oven 10 minutes. Cut as needed, freeze remaining.

*Mary Beth Ashe '90*

## COCONUT-ALMOND TORTE WITH SABRA LIQUEUR

6 lg. eggs, separated	1/2 c. orange juice
1 c. sugar	1/4 c. Sabra liqueur, or Grand Marnier or Cointreau
1 c. almonds, coarsely chopped	Whipped cream (optional)
2 c. unsweetened, shredded coconut	Grated bitter chocolate for decoration
Oil for the pan	

Preheat the oven to 325 degrees. In a large bowl, beat the egg whites until soft peaks form. Add 1/2 cup of the sugar and beat until stiff peaks form.

In a smaller bowl, beat the egg yolks with the remaining 1/2 cup of the sugar until light and fluffy. Add the almonds and coconut and mix gently. Fold in the egg whites.

Place the cake batter into a lightly greased 10 inch springform pan and bake for 45 minutes, or until the crust is light brown on top and a toothpick comes out clean. Remove from the oven and let sit in the pan for a few minutes. Prick the top of the torte all over with a toothpick or the prongs of a fork.

Combine the orange juice and the liqueur and pour over the torte while it is still in the pan. When the torte is completely cool, remove and serve with whipped cream, if desired, and grated chocolate. Yield: 8 servings.

## MERRY-GO-ROUND CAKE

1/2 c. butter or margarine	1/4 c. sliced natural almonds
1/2 c. brown sugar, packed	1 pkg. (1 lb. 2 oz.) lemon or yellow cake mix
3 or 4 fresh nectarines	
6 or 8 maraschino cherry halves	

Cream butter and sugar. Spread over bottom and sides of 10 inch tube pan. Halve and pit nectarines; arrange cut side down over cherries in pan. Press almonds into pan, coating on sides and around nectarines.

Prepare cake mix as package directs. Reserve 1 cup batter for cupcakes; pour remainder in pan. Bake at 350 degrees for 50 to 60 minutes, until done. To prevent overbrowning of top, place piece of aluminum foil loosely over pan while baking. Cool 10 minutes. Turn onto rack to cool completely. Serve plain or with whipped cream, dairy sour cream or ice cream. Makes 8 to 10 servings.

## QUICK APPLE CAKE

A rich batter is poured over sliced apples, and bakes into a rich cake best served warm. Easiest way to prepare the apples is to peel them, then slice close to the core on all four sides. Then turn the big pieces of apple on their flat edge and slice thinly.

- |  |   |
|--|---|
| <b>3 med. size tart apples, such as</b><br><b>Granny Smith, peeled, cored</b><br><b>and thinly sliced (about 3 c.)</b> | <b>2 tsp. ground cinnamon</b>   |
| <b>1 tsp. fresh lemon juice</b>  | <b>3/4 c. (1 1/2 sticks) unsalted</b><br><b>butter, cut into pieces</b> |
| <b>3/4 c. plus 3 tbsp. sugar (divided</b><br><b>use)</b>   | <b>2 lg. eggs, lightly beaten</b>                                       |
|  | <b>1 c. sifted all purpose flour</b>                                    |
|  | <b>Vanilla ice cream for serving</b>                                    |

Preheat the oven to 350 degrees. Generously butter a 10 inch Pyrex pie pan. Toss the apples in a bowl with the lemon juice, 2 tablespoons of the sugar and the cinnamon. Spread the apples evenly in the prepared pan.

Melt the butter in a small saucepan over medium heat; cook until lightly golden, about 7 minutes. Watch carefully to avoid burning. Pour the clear, browned butter into a bowl, leaving any sediment or foam in the pan. (Tester's note: Do not skip this step; the browned butter adds a lovely, nutty flavor.)

Stir the 3/4 cup sugar into the butter. Gently stir in the eggs; stir in the flour until blended. Spoon the batter evenly over the apples and spread into a layer. Sprinkle with the remaining 1 tablespoon sugar.

Bake until lightly golden brown and crusty, 40 to 45 minutes. Cool in the pan on a wire rack. Cut into wedges and serve from the pan warm or at room temperature, with vanilla ice cream. Makes 8 servings.

## CONVENT CAKE

- |                                   |                          |
|-----------------------------------|--------------------------|
| <b>1 c. sugar</b>                 | <b>6 egg yolks</b>       |
| <b>4 tbsp. butter</b>             | <b>4 egg whites</b>      |
| <b>1/2 c. ground almonds</b>      | <b>1 tsp. yeast</b>      |
| <b>1/2 c. crystalized pumpkin</b> | <b>1/2 tsp. cinnamon</b> |
| <b>10 crystalized cherries</b>    | <b>1/2 c. water</b>      |
| <b>3 tbsp. flour</b>              | <b>Powdered sugar</b>    |
| <b>1 tbsp. orange zest</b>        |                          |

Prepare a syrup (sugar and water) in saucepan. Add ground nuts and chopped fruits and zest. Add flour and egg yolks and more flour. Stir until smooth but firm. Whip egg whites until stiff and fold in. Sprinkle in cinnamon. Pour into greased and floured cake pan and bake at 350 degrees for 50 to 60 minutes.

Make a stencil and sprinkle (heavily) with powdered sugar.

## **CARROT CAKE FROM A MIX**

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 box Pillsbury Plus Yellow cake mix | 2 tsp. cinnamon              |
| 1/2 c. water                         | 3 eggs                       |
| 1/3 c. vegetable oil                 | 2 c. finely shredded carrots |
| 1/3 c. firmly packed brown sugar     | 1/2 c. raisins               |
|                                      | 1/2 c. chopped nuts          |

### **GLAZE:**

- |  |                        |
|--|------------------------|
| 1 c. confectioners' sugar                  | 2 tbsp. milk           |
| 3 tbsp. cream cheese (1 1/2 oz.), softened | 1 tsp. vanilla extract |

Heat oven to 350 degrees. Grease and flour a 12 cup fluted tube pan or Bundt pan. In large bowl of electric mixer, blend cake mix, water, oil, brown sugar, cinnamon, and eggs until moistened. Beat 2 minutes at highest speed. Fold in shredded carrots, raisins and nuts. Spoon into pan. Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool upright for 25 minutes; turn onto serving plate. Cool completely.

Blend glaze ingredients in small bowl until smooth. If needed, add a few more drops of milk for desired consistency. Drizzle on cake. Keep cake refrigerated until serving time. Makes 16 servings.

## **CREAM CHEESE FROSTING**

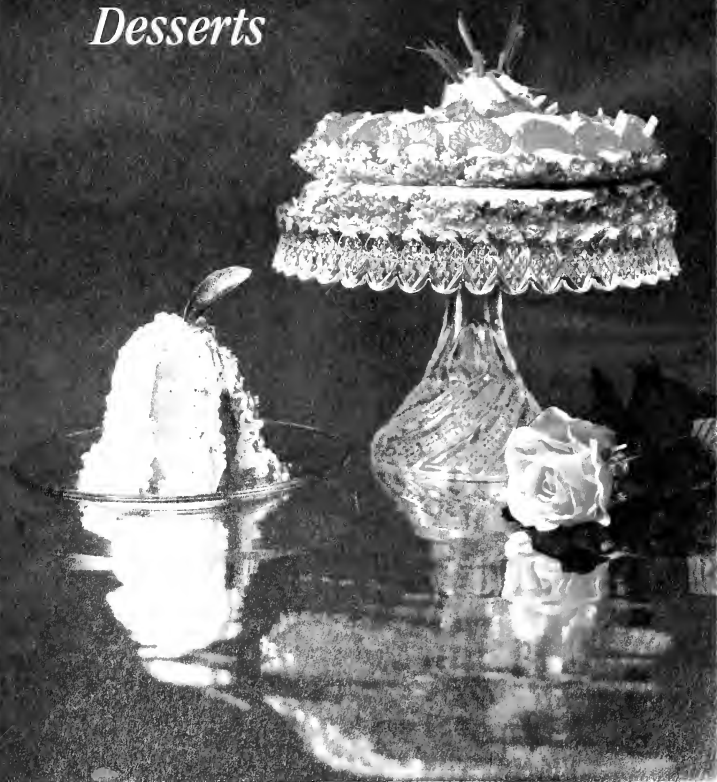
- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 1/2 c. butter or margarine, softened  | 1 lb. package confectioners' sugar |
| 1 (8 oz.) pkg. cream cheese, softened | 1 tsp. vanilla                     |

Combine butter and cream cheese, beating until light and very fluffy. Add the confectioners' sugar and vanilla and beat until smooth. Spread between layers and on top and sides of cooled cake.

Variations: If desired, add 1 cup chopped nuts and/or 12 ounces of flaked coconut to the frosting.

## **\*\*\*EXTRA RECIPES\*\*\***

*Desserts*



## DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or  $\frac{1}{2}$  an apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more eggs yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

Sweetened condensed milk and evaporated milk are entirely different products and **cannot** be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.





## PETIT CHOCOLATE BRIOCHES

Calling all chocoholics...this is quick, dramatic, and easy. Whip this up in 5 minutes while your dinner guests are lingering over their main course, and pop them in the oven as you clear the table.

1 c. semisweet chocolate  
8 oz. butter (1 stick)  
2 eggs and 2 yolks

1/2 c. sugar  
1/2 c. flour

Melt chocolate over double boiler with butter. (Bottom of double boiler can be set on heat to start boiling just as you serve your main course.) With a whisk beat 2 whole eggs and 2 additional yolks with 1/2 cup sugar, to a ribbon stage. Add flour and then melted chocolate butter mixture.

Pour into 8 buttered and floured little brioche molds (the silvery \$1.50 size from France from Williams Sonoma are perfect).

Place on a tray in the oven for five to 10 minutes at 350 degrees. The center will still be soft but the edges will be set. Wait about 30 seconds before unmolding, fluted side down.

Serve with ice cream, and dust all with cocoa. Coconut ice cream accompanies this especially well. Serves 8.

*Ellen Weintraub '71*

## INDIVIDUAL CHEESE CAKES

3 (8 oz.) pkgs. cream cheese  
1 c. sugar

5 eggs  
1 1/2 tsp. vanilla

Mix together.

1 1/2 c. sour cream

3/4 c. sugar

Mix together.

1 can blueberry or cherry pie filling

Beat cheese, add eggs 1 at a time. Add sugar and vanilla. Fill paper lined muffin tins 3/4 full. Bake 25 to 30 minutes at 350 degrees. Remove. Let center fall 2 to 3 minutes. Spoon on topping (sour cream and sugar). Bake 10 minutes. Cool. Refrigerate. Before serving spoon pie filling on top of each.

*Lynne S. Crow '64*

## FUDGE PIE

10 oz. chocolate  
1 1/4 lbs. butter  
2 1/2 lbs. sugar  
10 eggs

2 tsp. vanilla  
1 tsp. salt  
3 1/2 c. flour

Melt chocolate and butter. Mix sugar with chocolate and butter. Add eggs. Add vanilla and salt. Add flour. Pour into greased pie pans. Bake at 350 degrees for approximately 30 minutes or until knife comes out clean. Makes 4 pies.

*Archie Waldron  
Director, Food Services  
Sweet Briar College*

## FUDGE PIE

3 tbsp. unsweetened cocoa  
powder  
1 c. sugar  
1/2 c. chopped nuts  
2 eggs, lightly beaten

1 stick unsalted butter, melted  
1/2 tsp. vanilla extract  
1 (9 inch) pie shell, partially  
baked and cooled

Preheat oven to 350 degrees. Mix cocoa, sugar, nuts, eggs and vanilla together, then stir in melted butter. Pour into pie shell and bake 30 minutes. Serve warm or at room temperature. Serves 6 to 8.

## FRANGO MINT PIE

Eight servings. Preparation time: 45 minutes. Cooking time: 15 minutes. Chilling time: 2 hours.

2 c. crushed chocolate wafers	1/2 c. Frango Mint liqueur
3 tbsp. sugar	1 c. whipping cream
1/4 c. unsalted butter, melted	1/2 c. coarsely chopped Frango
1 env. unflavored gelatin	Mints (about 12)
1/2 c. cold water	Whipped cream
6 egg yolks, at room temperature	Chopped Frango Mints, for
8 Frango Mints, melted, cooled	garnish

Heat oven to 425 degrees. Mix chocolate wafers, sugar and butter in bowl; press into buttered 9 inch pie plate. Bake at 425 degrees for 10 minutes. Cool completely on wire rack.

Soften gelatin in the water in small saucepan. Cook and stir over low heat until gelatin dissolves, about 5 minutes. Beat egg yolks in large bowl; whisk gelatin mixture into egg yolks carefully to prevent curdling. Stir in melted mints and liqueur until smooth. Cool until slightly thickened.

Whip cream until stiff; fold into egg yolk mixture. Fold in chopped mints. Refrigerate until beginning to set, 10 to 15 minutes. Turn into prepared crust. Refrigerate until set, at least 1 hour.

To serve, garnish with dollops of whipped cream. Sprinkle with chopped nuts.

NOTE: Frango Mints are available from Marshall Fields in Chicago. To phone order, call 1 (800) MFIELDS.

*Chicago Sun Times*

## CHOCOLATE MINT DESSERT

1 pkg. (10 oz.) Oreo cookies, crushed (use whole cookie)	2/3 c. (small can) evaporated milk
3/4 c. margarine, melted	1 tsp. vanilla
4 oz. German sweet chocolate	1/2 gallon chocolate chip mint ice cream, softened
2/3 c. sugar	

Reserve 3/4 cup crushed Oreo. Mix remaining Oreos with 1/4 cup melted margarine. Press in 9 x 13 pan. Chill. Melt chocolate, add 1/2 cup margarine, sugar, evaporated milk. Boil over medium heat for 4 minutes, stirring constantly. Add vanilla, cool. Spread over crust. Chill in freezer until set. Spread ice cream over chocolate layer. Sprinkle reserved Oreos over top. Freeze.

## **CAPPUCCINO PIE**

### **PATE BRISEE**

**1 3/4 c. flour**  
**1 tbsp. sugar**  
**Pinch of salt**

**12 tbsp. very cold butter**  
**4 1/2 tbsp. ice water**

Process flour, sugar, and salt. Add butter. Add water, but only enough so dough comes away from sides of container. Gather into a ball and refrigerate in waxed paper for 30 minutes.

### **FILLING:**

**1 pkg. unflavored gelatin**  
**1/2 c. espresso**  
**3 eggs, separated**

**1/2 c. sugar**  
**8 oz. semi sweet chocolate**

### **TOPPING:**

**1 c. whipping cream**  
**2 c. sugar**

**1 tsp. vanilla**  
**Cinnamon for garnish**

Tin foil is pressed all around walls of dough and bottom. Take rice or beans and place inside. Prebake the shell for 20 minutes at 375 degrees. With a fork, prick holes into bottom of dough so it will cook evenly and not bubble up.

Sprinkle gelatin over cool strong espresso, warm gently. Egg yolks are placed in a metal bowl. Sprinkle sugar on top. Whisk until frothy, then add espresso. Whip until frothy and the mixture begins to thicken. Whisk over hot water about 10 minutes. Use a handheld mixer at this point. Set aside to chill in refrigerator about 30 minutes.

Pour cooled zabaglione into melted chocolate, first lighten chocolate with a small amount of zabaglione then add to zabaglione. Refrigerate 30 minutes. Beat egg whites to soft peaks and add 2 tablespoons sugar.

Take egg whites 1/3 at a time and fold into cooled zabaglione turning bowl all the time.

Pour into baked pie shell. Return to fudge for about 30 minutes so it sets. Spread sweetened and vanilla whipped cream over top of pie. Deliberately avoid edges. With a serrated knife, make a design on the top. Pipe edges with more whipped cream. Sprinkle top with cinnamon.

## FT. KNOX PIE

- |  |                           |
|--|---------------------------|
| 1 env. Knox unflavored gelatin           | 2 eggs                    |
| 1/4 c. cold water                        | 1 tsp. vanilla extract    |
| 2 c. (1 pt.) whipping or heavy cream     | 22 caramels (about 1 cup) |
| 1 bag (6 oz.) semi sweet chocolate chips | 2 tbsp. butter            |
|  | Chocolate-Pecan crust     |

In small saucepan, sprinkle gelatin over water; let stand 1 minute. Stir over low heat until completely dissolved. Stir in 1 cup cream. Bring to boiling point; add to blender with chocolate. Process until chocolate is melted. While processing, add 1/2 cup cream, eggs and vanilla; process until blended. Pour into bowl; chill until thickened, about 15 minutes.

In small pan, combine caramels, 1/4 cup cream and butter. Simmer, stirring occasionally until caramels are melted. Pour onto crust. Let cool 10 minutes.

With whisk or spoon, beat gelatin mixture until smooth. Pour into crust; chill until firm. Garnish with remaining cream, whipped. 8 servings.

### CHOCOLATE PECAN CRUST:

Combine:

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 2 c. chocolate wafer cookie crumbs | 1/2 c. melted butter or margarine |
| 3/4 c. finely chopped pecans       |                                   |

Press into 9 inch pie pan and up sides to form high rim. Bake at 350 degrees for 10 minutes; cool.

## LUCY'S CHOCOLATE DIAMONDS

6 1/2 oz. semisweet chopped  
chocolate  
1/2 lb. unsalted butter  
9 egg yolks  
1 c. granulated sugar

4 egg whites  
1/2 pt. fresh red raspberries  
2 tbsp. sugar  
1 c. hazelnuts, toasted and  
chopped

### GANACHE:

3 1/2 c. heavy cream  
4 tbsp. butter  
1/4 c. sugar

2 lbs. semi sweet chocolate,  
chopped

Preheat oven to 325 degrees.

Melt 6 1/2 oz. chopped chocolate and 7 oz. butter atop a double boiler. Mix egg yolks and 1 cup sugar until lemon colored. Butter two 10 x 15 inch pans with remaining 1 oz. butter.

Beat egg whites until stiff but not dry (refrigerate if made ahead). Fold chocolate mixture into egg yolk mixture. Add about 1/4 of egg whites to chocolate mixture, incorporate, then add rest of egg whites and fold in until incorporated. Pour into pans and bake 20 to 25 minutes at 325 degrees.

Refrigerate at least one hour then allow to come to room temperature 15 to 20 minutes. Puree raspberries and sugar and refrigerate.

Bring cream to a boil, add 4 tablespoons butter. Whisk in 1/4 cup sugar and pour over chopped chocolate. Whisk to form ganache. 3 cups of ganache is combined with the chopped toasted hazelnuts. The remainder is used for ladling and decorating. Refrigerate one cup of plain ganache to put in a pastry bag later for decorating. Keep rest at room temperature.

Spread raspberry puree over one baked layer. Spread hazelnut ganache on top.

Place second layer on top. Before icing place in freezer for 10 to 15 minutes. Then cut into diamonds. Place on a rack over a pan. Ladle ganache over each diamond and allow to drip down. Garnish with puffs of ganache in a pastry bag that has been refrigerated.

Optional: These can be further garnished with cooled shapes of melted white or dark chocolate. Also, the plates can be decorated with a sauce of creme anglais dotted with droplets of chocolate or puree. Make into hearts with a toothpick.

*"Death by Chocolate"*

## **DIRT   PIE**

**20 oz.** chocolate sandwich  
cookies, crumbled in  
processor or blender  
**1 stick** butter or margarine,  
softened  
**8 oz.** cream cheese, softened

**1 c.** confectioners' sugar  
**3 1/2 c.** milk  
**2 sm.** boxes vanilla pudding  
**1 (12 oz.)** container non dairy  
whipped topping, defrosted

In a large bowl, mix crumbled cookies, butter, cream cheese and confectioners' sugar. Mix well.

In another bowl, mix the milk, pudding and whipped topping. Mix until well blended. Place a layer of cookie crumb mixture in the bottom of a bowl or clay pot, then add a layer of pudding. Continue adding layers, ending with crumbs on top. Refrigerate at least 6 to 12 hours.

## BLACKSMITH PIE

### CRUST:

10 oz. fudge cookies (see recipe  
on next page)  
10 oz. graham crackers

16 tbsp. butter, at room  
temperature

### FILLING:

1/4 c. cornstarch  
1 c. plus 3 tbsp. sugar  
1/2 tsp. pure vanilla extract  
1 1/2 c. half and half (or use 1  
cup of heavy cream and 1/2  
c. milk)

2 egg yolks  
1 whole egg  
3/4 lb. (12 oz.) semisweet  
chocolate  
3 1/2 c. heavy cream  
4 egg whites

Using a blender or food processor, blend the fudge cookies and graham crackers until fine, about 5 cups. Put the crumbs in a bowl and add the butter. Blend thoroughly. Use the crumb mixture to line the bottom and sides of a 10 inch springform pan that is three inches deep. Chill one hour.

Meanwhile, to make the filling, combine the cornstarch, three tablespoons of the sugar, vanilla extract and half and half in a saucepan and stir with a wire whisk until blended and smooth. Put the saucepan on the stove and bring to the boil over low heat, stirring constantly with the whisk. When thickened, remove from heat.

Beat together the egg yolks and egg; add to the sauce, stirring rapidly with the whisk. Return to the heat and cook, stirring, until the custard barely simmers. Pour and scrape one cup of the custard into one mixing bowl and the remaining sauce into a second bowl. Break up the chocolate pieces and put them in a bowl. Set this bowl in a small basin of boiling water and let stand, stirring occasionally, until melted. Add the chocolate to the one cup of custard. Smear the bottom and sides of the chilled crumb crust with the chocolate and custard mixture. Chill.

Beat the heavy cream until partially stiff. Gradually add one half cup of sugar and continue beating until stiff. Beat the egg whites until almost stiff; gradually add remaining one half cup sugar while beating vigorously. Continue beating until stiff. Fold the whipped cream and egg whites into the second bowl of custard. Pour and scrape the whipped cream and egg white mixture inside the mold. Smooth it over. Cover with plastic wrap; chill several hours. Unmold and serve cut into wedges. Yield: 10 or more servings.

*NY Times*



## CHOCOLATE FUDGE COOKIES

- |  |                             |
|--|-----------------------------|
| 1/4 lb. butter                                 | 1 tsp. pure vanilla extract |
| 5 oz. (5 squares) grated unsweetened chocolate | 1 extra large egg           |
| 1/4 c. dark corn syrup                         | 1 c. sifted flour           |
| 1/3 c. granulated sugar                        | 1/2 tsp. baking soda        |
|  | 1/8 tsp. salt, if desired   |

Preheat oven to 350 degrees. Place the butter in a saucepan with a heavy bottom. Place the saucepan over very low heat and let stand until butter melts. Add the grated chocolate, corn syrup, sugar and vanilla extract. Stir occasionally with a wire whisk until chocolate melts.

Remove from the heat and let stand 10 minutes. Add the egg and blend well. Sift together the flour, baking soda and salt. Add it to the chocolate mixture and blend well. Scrape the mixture into a mixing bowl.

Line a baking sheet with a length of wax paper. Cover this with a sheet of aluminum foil. Spoon one tablespoon of the mixture at two inch intervals over the foil. There should be about 24 shapes. Place in the oven and bake 10 to 15 minutes, watching carefully that the cookies do not burn on the bottom. It may be necessary to turn the baking sheet and to shift them to a higher position in the oven to prevent burning.

Turn off the oven heat and open the oven door. Let the cookies rest in the oven 5 minutes. Remove and transfer the cookies to a rack until cool. Yield: about 2 dozen cookies.

## CHOCOLATE PECAN PIE

Makes 1 (9 inch) pie.

- |                                   |                              |
|-----------------------------------|------------------------------|
| 2 eggs, room temperature          | 1 c. chopped pecans, lightly |
| 1 c. sugar                        | toasted                      |
| 1/2 c. all purpose flour          | 1 tbsp. bourbon              |
| 1/2 c. (1 stick) unsalted butter, | 1 tsp. vanilla               |
| melted and cooled                 | 1 (9 inch) unbaked pie shell |
| 1 c. chocolate chips              | Whipped cream (garnish)      |

Preheat oven to 325 degrees F. Beat eggs on high speed in small bowl of electric mixer until light and lemon colored. Gradually beat in sugar. Reduce speed to low, add flour and butter and mix until thoroughly combined. Stir in chocolate chips, nuts and flavorings. Turn mixture into unbaked pie shell. Bake until golden brown, about 60 minutes. Serve warm. Pass whipped cream separately.

*Alene Weintraub Alper,  
Cousin of Ellen Weintraub '71*

## **SWEET BRIAR FARM PECAN PIE**

(from Mrs. Edna Gilchrist '26)

1 unbaked pie shell with bottom  
covered with 1 c. pecan  
pieces

Mix:

1 c. dark Karo syrup

1/2 c. sugar

1/4 c. melted butter

3 eggs

1/4 tsp. salt

1 tsp. vanilla

Pour over nuts. Bake at 450 degrees for 8 minutes and then 325 degrees for 40 minutes.

*Submitted by Frances Root '80*

## **PECAN PIE**

1 (9 inch) unbaked pie shell

3 eggs

1 c. brown sugar, firmly packed

1/2 c. dark corn syrup

1/4 tsp. salt

6 tbsp. rum

1/4 c. butter, melted

1 c. shelled pecans, broken in  
pieces

1/2 c. whipping cream, whipped

1 tbsp. sugar

Preheat oven to 375 degrees. Beat the eggs in a medium size bowl until they are light colored and fluffy. Add the brown sugar, corn syrup, salt and 4 tablespoons of rum, and stir until sugar is dissolved and ingredients are thoroughly mixed. Stir in the butter and pecans. Pour into a pie shell and bake for 40 minutes or until a knife inserted in the filling comes out clean. Cool. Serve with whipped cream, to which you have added the remaining two tablespoons of rum and the tablespoon of sugar. Serves 6.

## KARO SIX MINUTE PECAN PIE

3 eggs, slightly beaten	1 tsp. vanilla
1 c. Karo light or dark corn syrup	1 1/2 c. pecans
1 c. sugar	1 unbaked (9 inch) pastry shell
2 tbsp. Mazola margarine, or butter, melted	

In large bowl stir together first 5 ingredients until well blended. Stir in nuts. Pour into pastry shell. Bake in 350 degree oven 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cool. Serves 8.

# **HONEY CRUNCH PECAN PIE**

## **FOR CRUST:**

**1 1/3 c. all purpose flour**  
**1/2 tsp. salt**

**1/2 c. Butter Flavor Crisco**  
**3 to 4 tbsp. cold water**

Combine the flour and salt in a mixing bowl. Cut in the Crisco with a pastry blender or two knives until mixture is uniform. Sprinkle in water one tablespoon at a time until dough begins to form a ball.

On a lightly floured surface, roll crust into a circle 1/8 inch thick and about 1 1/2 inches larger than the inverted pie plate. Gently ease dough into pie plate, being careful not to stretch it. Fold pastry edge under to make a double thickness around rim. Flute if desired.

## **FOR PECAN FILLING:**

**4 eggs, slightly beaten**  
**1/4 c. dark brown sugar, packed**  
**1/4 c. granulated sugar**  
**1 c. white corn syrup**  
**1/2 tsp. salt**

**1 tsp. vanilla extract**  
**1 tbsp. bourbon**  
**2 tbsp. butter, melted**  
**1 c. chopped pecans**

Mix eggs, sugars, corn syrup, salt, vanilla, bourbon and melted butter. Fold in chopped pecans. Spoon filling into unbaked pastry shell. Bake in a preheated 350 degree oven for 50 to 55 minutes. During the last 30 minutes of baking, cover the edge of the pastry shell with aluminum foil to prevent overbrowning.

During the last 10 minutes of baking, remove pie from oven and spread crunch topping (below) over top. Return pie to oven and bake for the remaining 10 to 12 minutes or until topping is bubbly and golden brown.

## **CRUNCH TOPPING:**

**1/3 c. dark brown sugar, packed**  
**3 tbsp. butter**

**3 tbsp. honey**  
**1 1/2 c. pecan halves**

For crunch topping, combine sugar, honey and butter in a medium saucepan. Cook over medium heat until sugar dissolves, approximately 2 to 3 minutes, stirring constantly. Add the pecan halves, stirring until they are well coated.

## PENNSYLVANIA DUTCH SHOO-FLY PIE

Make a deep dish pie crust (or buy a frozen one). Cake pan will do if deep pie pan is not available.

### TOP PART OF PIE:

2 c. flour  
1/2 c. sugar

1/2 tsp. baking soda  
1/3 c. shortening (scant)

### BOTTOM PART OF PIE:

1 c. molasses or corn syrup  
1 tsp. baking soda

1 c. warm water

Sift flour with the sugar and baking soda. Add shortening. Be sure not to add too much shortening, measure it on the scant side. Work the shortening into the dry ingredients to make fine crumbs.

Beat the molasses, water and baking soda together thoroughly. Pour some of this liquid mixture into the unbaked pie crust to create the "wet bottom". Sprinkle most of the crumb mixture into the unbaked pie crust. Add the rest of the liquid and finish with the remainder of the crumbs. Swirl these two mixtures together a little to get a bit of the flour mixture near the bottom.

This sort of layering gives the pie its "shoo-fly" pie consistency. Bake in a quick oven (425 degrees) FOR ABOUT 10 MINUTES. Then REDUCE HEAT to 350 degrees and finish baking until filling is firm (approximately 40 minutes more). Check with knife blade to be sure it is firm. Remove. Cool. Enjoy (almost no cholesterol).

*Jeanne C.B. Weiler*

*Mother of Wendy C. Weiler '71, Patricia '76 and Pamela '79*

## APPLE CRUMB PIE

### PIE:

- |   |   |
|---|---|
| 1 pie crust, at room temperature  | 1 1/2 tsp. cinnamon                       |
| 4 med. to large apples<br>(combination of MacIntosh,<br>Granny Smiths and Rome) | 1/4 tsp. nutmeg                           |
| 1/2 c. granulated sugar   | Fresh lemon juice (from 1/2 lg.<br>lemon) |

Preheat oven to 425 degrees.

Extract juice from lemon half. Mix together sugar, cinnamon and nutmeg. Peel and thinly slice apples. Combine apples, dry ingredients and lemon juice, and mix well. Place pie crust on cookie sheet, pour mixture into crust and set aside.

### CRUMB TOPPING:

- |                         |                                 |
|-------------------------|---------------------------------|
| 1/3 c. granulated sugar | 1/4 tsp. nutmeg                 |
| Brown sugar             | 8 tbsp. (1 stick) sweet butter, |
| 3/4 c. flour            | room temperature                |

Add brown sugar to granulated sugar to equal 3/4 cup. Add flour and cinnamon. Using pastry blender, cut in butter until crumbs form. Pour over pie filling. Bake for 40 minutes. If necessary, place a piece of foil on top of crumbs to keep them from burning. Let pie sit for 1 hour before serving.

*Carrie Maynard Nichols '81*

## APPLE STRUDEL

3 c. water  
1 c. sugar  
4 Granny Smith apples  
2 apples, for garnish  
1 c. milk  
2 vanilla beans  
3 eggs

1 tbsp. cinnamon  
1/4 c. raisins  
1/2 c. blanched almonds  
1/2 c. blanched hazelnuts  
1/2 c. unsalted butter  
Powdered sugar  
2 sheets of fillo dough

Pour water into a medium saucepan over medium heat with 1/3 cup sugar. Peel, core and dice apples. Toss with 1/3 cup sugar and 2 large pinches of cinnamon. Place raisins into sugar syrup to plump. Place some of butter into a ramekin (about half) and let sit on top of stove to melt.

### MAKE CREME ANGLAIS:

Place one cup milk into a medium saucepan over medium heat. Separate eggs, whisk remaining 1/3 cup sugar into yolks then add quartered vanilla beans. Whisk milk into egg yolks in a large bowl. Return to heat. Cook about 2 minutes until thickened, stirring constantly. Strain into another saucepan. Pour into a small ceramic bowl and refrigerate.

Add raisins to apples. Place in a colander to drain and refrigerate. Chop blanched almonds and hazelnuts. Heat until golden. Unroll 2 sheets of fillo dough. Butter one roll with a brush, place another on top. Place apples on top of that, dot with remaining unmelted butter, and roll up. Brush top with remaining melted butter. Cut into 3 inch diagonal slices.

Bake at 400 degrees for 30 minutes. Ladle creme anglais on a serving plate. Sprinkle apple strudel with powdered sugar and then add a sprinkle of chopped nuts.

## APPLE PIE

1 1/2 c. all purpose or pastry  
flour  
1/4 tsp. salt

2 tbsp. sugar  
5 tbsp. cold butter

Cut butter in with hands (60 degrees F), until it looks like cornmeal. Add ice water to bind with a wooden spoon. Work quickly here; if dough gets too wet, it will get tough. Avoid overworking the dough. Wrap in plastic now and shape into disks through the plastic. Refrigerate 20 to 30 minutes.

Prepare clean work surface; dust with flour. With a pastry brush and a little flour, brush the first disk of dough to remove moisture. "Walk" over surface of dough with rolling pin to soften it up. DO NOT ROLL at this point. When dough is pliable, flour surface and dough again and roll. Always roll away from you. Stretch dough to about 1/8 inch and 11 to 12 inches in diameter.

Fold into quarters, brush off excess flour, and drape batter into pie pan, unfolding. Press dough rather than stretching. Drape liberally over edge. Refrigerate 30 minutes.

Granny Smith apples are cored and peeled. Slice to 1/8 inch thickness. Season apples with sugar, 2/3 of amount in recipe and add more as you need it. Add salt. Add freshly cracked black pepper. Add lime juice. Add flour for thickener (1 lb. apples takes 2 tbsp. flour). Use your hands to toss. Add creme fraiche, and Calvados or apple brandy. Cover with plastic wrap and let sit at room temperature 20 minutes.

Trim edge of dough with kitchen scissors and trim off all but a 1 inch overhang all the way around. Pile filling high, it will shrink. Pour creme fraiche and calvados on top. Roll out and fold top into fourths. In order to seal very well brush edges with milk. Fit top onto pie and unfold. Using precut underlayer as a guide, cut top layer to match. Roll edges underneath.

Bang pie down on counter one or two times. To pleat edges use both thumbs and one index finger. Brush top with milk. Sprinkle granulated sugar on top and make steam vents. Bake at 425 degrees for 15 minutes and reduce heat to 375 degrees and bake until apples are tender, about 45 to 50 minutes.

NOTE: This recipe is included as more instructional than a real recipe. Following these directions carefully with any amounts will produce a great pie.

*"Cooking at the Academy"*



## HEALTHY APPLE PIE

- |  |  |
|--|--|
| 8 Granny Smith apples, peeled<br>and cored, thinly sliced<br>(place in lemon water to<br>prevent browning) | 1 1/2 c. flour, sifted<br>1/4 c. wheat germ<br>1/4 c. oats<br>6 tbsp. cold margarine |
|--|--|

Place dry ingredients in a bowl and mix in margarine with hands. Add 5 tablespoons ice cold water. Knead and roll out then fold over twice and turn, twice. Place in refrigerator, repeat rolling process twice.

- 5 cloves and 1 piece cinnamon  
ground

Place in a big plastic bag. Sift:

- |                    |                    |
|--------------------|--------------------|
| 2 tbsp. cornstarch | 1/3 c. brown sugar |
|--------------------|--------------------|

Mix together into the plastic bag.

- |  |                    |
|--|--------------------|
| 1 lemon peel, grated (1 tbsp.<br>zest) | 1 c. flame raisins |
|--|--------------------|

Place apples in bag and shake to coat. Roll out crust, fill, top with crust, and bake at 350 degrees for one hour.

## GEORGIA PEACH PIE

One 9 inch pie. Preparation time: 45 minutes. Baking time: 50 minutes.

<b>Pastry for 1 double-crust, 9 inch pie</b>	<b>3 tbsp. quick-cooking tapioca</b>
<b>1/2 c. sugar</b>	<b>1/8 tsp. salt</b>
<b>1/2 c. firmly packed light brown sugar</b>	<b>5 c. peeled, sliced fresh peaches</b>
	<b>1/8 tsp. almond extract</b>
	<b>1 tbsp. butter or margarine</b>

Heat oven to 450 degrees. Roll half of pastry to 1/8 inch thickness on a lightly floured surface; fit into a 9 inch pie plate. Set aside. Combine sugars, tapioca and salt in large mixing bowl. Add peaches and toss gently to coat. Sprinkle on almond extract and stir. Pour peach mixture into pastry shell; dot with butter.

Roll remaining pastry to 1/8 inch thickness and place over filling. Trim edges; seal and flute. Cut slits in top crust to allow steam to escape. Bake 10 minutes. Reduce heat to 375 degrees and bake an additional 40 minutes, or until crust is golden brown.

Whenever possible, serve fruit pies at room temperature, preferably within a few hours of baking, when the oven heat is just lost.

## BERRY PIE

One 9 inch pie. Preparation time: 35 minutes. Baking time: 50 minutes.

<b>Pastry for 1 double crust 9 inch pie</b>	<b>1/4 tsp. salt</b>
<b>1 c. sugar</b>	<b>6 c. fresh blueberries,</b>
<b>3 tbsp. quick cooking tapioca</b>	<b>blackberries or raspberries</b>
	<b>2 tbsp. butter or margarine</b>

Heat oven to 400 degrees. Combine the sugar, tapioca and salt in a medium saucepan, stirring well to remove lumps. Add 3 cups of the berries and mix well. Cook over very low heat, stirring constantly, until mixture just starts to bubble. Add butter and mix well. Remove from heat, stir in remaining berries and let cool.

Fit pastry into the pie plate, pour the cooled berry mixture into the shell and add a vented top crust (a lattice crust works particularly well; cut the pastry into 3/4 inch strips and weave over filling. Seal edges). Bake 20 minutes, then reduce heat to 350 degrees and bake an additional 30 minutes, or until crust is golden brown.

## FRESH CHERRY PIE

One 9 inch pie. Preparation time: 35 minutes. Baking time: 35 to 40 minutes.

Pastry for 1 double crust 9 inch pie	1 qt. sour red cherries (to make 3 cups, pitted)
3 tbsp. quick cooking tapioca	1/8 tsp. almond extract
3/4 to 1 c. sugar	1 tbsp. butter
Dash salt	

Heat oven to 450 degrees. Line pie pan with bottom pastry. Stir together tapioca, sugar and salt. Sprinkle about 1/4 cup on bottom pastry (since cherry pies are very juicy, this will help keep juices from seeping into crust). Toss the remaining sugar mixture, with the cherries, then turn cherries into crust. Sprinkle with almond extract and dot with butter.

Put on top crust, make steam vents and seal. Bake 15 minutes, then reduce heat to 325 degrees and bake 20 to 25 minutes longer, until cherries are done and crust is golden.

Fresh cherry pie is worth the trouble of removing the pits, true fans say. But keep in mind that cherries fade while cooking. That's why commercial pie fillings usually add some food coloring; you may want to add a few drops to keep the natural red color.

## DEEP-DISH PEACH PIE

### PASTRY:

1 c. all purpose flour	1 tbsp. vegetable shortening
1/4 tsp. salt	1 to 2 tbsp. ice water
1/4 c. butter or margarine, cut up	

Combine flour and salt in medium bowl. With pastry blender or 2 knives, cut in butter and shortening until mixture resembles coarse crumbs. Sprinkle with water, tossing with fork until pastry begins to hold together. Shape into ball; flatten into disk. Wrap and refrigerate at least 30 minutes.

2/3 c. plus 2 tbsp. sugar	1 tsp. vanilla extract
1/4 c. all purpose flour	1 tbsp. butter or margarine, cut up
1/4 tsp. grated lemon peel	
3 lbs. peaches, peeled and sliced (6 cups)	1 tbsp. milk
2 tsp. fresh lemon juice	Vanilla ice cream

Preheat oven to 425 degrees F. Combine 2/3 cup sugar, the flour and lemon peel in large bowl. Add peaches, lemon juice and vanilla; toss to combine. Spoon into 10 inch deep dish pie plate and dot with butter.

On lightly floured surface, roll pastry to 11 inch circle. Cut decorative vents. Place pastry over peaches and flute edges, or cut pastry in 1/2 inch strips and arrange on top of pie to form lattice. Brush pastry with milk and sprinkle with 2 tablespoons sugar.

Place on cookie sheet and bake 15 minutes. Reduce oven temperature to 375 degrees F and bake 30 to 45 minutes more, until bubbly in center. Cool on wire rack 20 minutes. Serve with vanilla ice cream. Makes 8 servings.

## PEACH ALMOND TURNOVERS

- |  |   |
|--|---|
| 4 ripe peaches, peeled, pitted and<br>cut into 1/2 inch chunks | 3 tbsp. all purpose flour                     |
| 2 tbsp. peach liqueur  | 1/2 c. sliced almonds                         |
| 1 tbsp. fresh lemon juice                                      | 2 sheets commercial puff pastry,<br>defrosted |
| 1/4 tsp. ground nutmeg   | 1 egg, beaten with 1 tsp. water               |
| 1/2 c. plus 3 tbsp. sugar                                      |   |

Place the peaches in a bowl and toss with the peach liqueur, lemon juice, nutmeg and 1/2 cup sugar. Let stand for 10 minutes. Add the flour and the almonds and toss to coat well.

Preheat the oven to 350 degrees. On a lightly floured surface, roll 1 sheet of the pastry out into a square slightly larger than 10 inches by 10 inches. Trim to form a 10 inch square with very straight sides. Cut into quarters. Brush the egg mixture lightly around the edges of each piece.

Place about 1/3 cup of the filling in the center of each square. Fold over 1 corner of each square to form triangles and pinch the edges together to seal securely. Place the turnovers on a large, parchment lined baking sheet. Repeat with remaining pastry and filling. Brush the tops with a little of the egg mixture and sprinkle with remaining sugar. Bake until golden brown, about 25 minutes

Yield: 8 turnovers.

*New York Times*

## DEEP-DISH PEACH PIE

### CRUST:

1 1/2 c. all purpose flour	4 to 5 tbsp. ice water
1 1/2 tbsp. sugar	1 extra large egg yolk
1/2 tsp. salt	
1/2 c. cold unsalted butter, cut into small pieces	

### THE FILLING:

7 c. sliced peaches	1 c. sugar
2 tbsp. fresh lemon juice	1/4 c. all purpose flour

### TOPPING:

1 c. all purpose flour	1/4 tsp. salt
1 c. brown sugar	1/2 c. cold unsalted butter, cut in small pieces
1 tsp. ground cinnamon	

To make the crust, combine the flour, sugar and salt in a large bowl. Add the butter and mix with your hands or a pastry cutter until mixture resembles coarse meal. Gradually add the egg yolk and ice water until mixture forms into a ball. Wrap the dough in plastic and refrigerate for 30 minutes.

Preheat oven to 425 degrees. On a lightly floured surface, roll the dough out to a thickness of 1/8 inch. Place in a 10 inch deep dish pie plate and trim and crimp the edges. Line the dough with aluminum foil and fill with pie weights or dried beans. Bake for 10 minutes. Lower the heat to 375 degrees. Bake until the crust is lightly browned on the bottom, about 5 minutes. Remove from oven and carefully remove the foil.

To make the filling, place the peaches in a large bowl and toss with the lemon juice. Add the sugar and flour and toss to coat well. To make the topping, combine the flour, sugar, cinnamon and salt in a medium bowl. Rub in the butter with your fingers until well mixed. Place the filling in the pie shell and cover with the topping. Bake until filling is set and top is browned, about 30 minutes. Serve warm or at room temperature with honey-pecan ice cream. Yield: 8 servings.

*Adapted by the New York Times  
from the Mansion at Turtle Creek, Dallas*

## DEEP DISH MANGO PIE

Mix together:

1 egg and 1 yolk  
2 tbsp. warm water

2 tbsp. sugar

Add to wet ingredients:

1 1/2 c. flour  
2 tsp. baking powder

1/2 tsp. salt  
5 tbsp. butter

Knead dough until a ball forms. Peel a ripe mango (or two if small). Slice enough to make 2 cups of fruit, slicing over a bowl to save the juice and the pieces that do not make full slices. Use all of mango except pit. After 2 cups of slices are set aside, process enough of remainder to make 1 cup liquid.

Place the mango liquid in a saucepan with:

1/3 c. sugar  
1/4 tsp. cinnamon

The zest of one orange and the  
zest of one lemon

Bring to a boil. Squeeze the orange and add 2 tablespoons cornstarch to the juice, and add to saucepan, off the heat. Add 1 tablespoon butter and 4 teaspoons vanilla. Roll out pie dough and then return dough to a ball 3 times. Place lower dough into pie dish.

Arrange a layer of mango slices inside. Place half of mango liquid on top. Make another layer of sliced mangos, then another layer of puree. Top with pastry slices in a lattice fashion. Trim edges and crimp with a fork. Bake 25 minutes at 350 degrees or until golden brown.

## EASY MANGO CRISP

Preparation time: 20 minutes. Baking time: 45 minutes.

- |                                |                                 |
|--------------------------------|---------------------------------|
| 4 c. mangos, peeled and sliced | 1 tsp. each cinnamon, nutmeg    |
| 1 c. each sifted flour, sugar  | 1 egg                           |
| 1 tsp. baking powder           | 1/3 c. melted butter            |
| 3/4 tsp. salt                  | 1/2 c. chopped pecans, optional |

Line buttered 8 x 8 inch baking dish with mango slices. Sift dry ingredients together and work in egg with pastry blender until consistency of coarse meal. Sprinkle over mango slices.

Drizzle melted butter over top, followed by chopped nuts, if desired. Bake at 375 degrees 35 to 45 minutes, or until brown.

## PEACHY PRALINE PIE

- |                         |                            |
|-------------------------|----------------------------|
| 1 unbaked pie shell     | 1/3 c. brown sugar, firmly |
| 3/4 c. granulated sugar | packed                     |
| 3 tbsp. flour           | 1/4 c. flour               |
| 4 c. sliced peaches     | 1/2 c. chopped pecans      |
| 1 1/2 tsp. lemon juice  | 3 tbsp. butter             |

Preheat oven to 400 degrees.

Combine granulated sugar and 3 tablespoons flour in large bowl. Add peaches and lemon juice. Combine brown sugar, 1/4 cup flour and pecans in small bowl. Cut in butter until mixture is crumbly. Sprinkle 1/3 of the nut mixture over bottom of pie shell; cover with the peach mixture and sprinkle remaining nut mixture over the peaches. Bake at 400 degrees until peaches are tender. Lower oven if pie browns too fast.



## CREAMY LEMON MERINGUE PIE

3 eggs, separated  
1 (14 oz.) can sweetened  
condensed milk  
1/2 c. lemon juice

1 tsp. grated lemon rind  
1 graham cracker pie crust  
1/4 tsp. cream of tartar  
1/3 c. sugar

Preheat oven to 350 degrees. In medium bowl, beat egg yolks; stir in sweetened condensed milk, lemon juice and rind. Pour into crust. In small bowl, beat egg whites with cream of tartar until foamy; gradually add sugar, beating until stiff but not dry. Spread meringue on top of pie, sealing carefully to edge of crust. Bake 15 minutes or until meringue is golden brown. Cool. Chill before serving. Refrigerate leftovers.

## BLUEBERRY PIE

1/2 to 3/4 c. sugar  
1/4 c. unbleached all purpose  
flour  
1/4 tsp. salt

1 tbsp. lime juice  
4 c. fresh blueberries  
Pastry for a 9 x 2 inch crust pie  
2 tbsp. butter

In a large bowl, stir together sugar, flour, salt and lime juice; fold in blueberries; let stand at room temperature while rolling out pastry.

On a pastry cloth, with a stockinet covered rolling pin, roll out half the pastry into a round about 1 1/2 inches larger than an inverted 9 inch pie plate. fold in half, or into quarters, and fit into pie plate. Roll out remaining pastry about the same size and fold as before.

Turn blueberry mixture into pastry lined pie plate; dot with butter; cover with remaining pastry so edges meet (cutting off excess if necessary). Tuck both edges under; flatten pastry over plate rim; press around rim with floured fork tines to seal well. Cut vents in top crust. Cover edge with a strip of foil to prevent overbrowning.

Bake in a preheated 425 degree oven on rack below center until juice bubbles through vents and crust is brown, about 45 minutes. (Remove foil 15 minutes before end of baking.) If juice bubbles over sides of pie plate toward end of baking, place a sheet of foil on bottom of oven to catch it. Cool on a wire rack. Serve with vanilla ice cream.

## BANANA CREAM PIE

1 (8 inch) baked pie shell  
4 lbs. unpeeled, unblemished  
ripe bananas  
1 tbsp. lemon juice

1 tbsp. cold water  
Pastry cream (see recipe)  
2 c. heavy cream  
2 tsp. sugar

Prepare the pie shell and let it cool. Peel the bananas and cut them into half inch rounds. There should be about seven and a half cups. Put the banana rounds into a bowl. blend the lemon juice with the water and pour this over the banana pieces. This will prevent discoloration. Blend to coat the pieces well. Pat dry with a clean white kitchen towel or a napkin.

Place the banana pieces in a mixing bowl and scrape the pastry cream over all. Stir to blend. Pour the filling into the baked pie shell. Chill thoroughly.

Whip the cream, with the sugar, until stiff. Outfit a pastry bag with a star tube (No. 14) and spoon the whipped cream into the bag. Pipe the cream out onto the filling in a decorative pattern. Yield: 8 to 10 servings.

### PASTRY CREAM:

1 c. milk  
6 tbsp. sugar  
1 tbsp. all purpose flour  
2 tsp. cornstarch

1 egg  
3 tbsp. butter  
1/4 tsp. pure vanilla extract

Put the milk in a saucepan and bring to a simmer. Meanwhile, combine the sugar, flour and cornstarch in a mixing bowl and blend with the fingers to break up any lumps. Put the egg in a second mixing bowl and beat, gradually adding the cornstarch mixture, until smooth.

Add about a quarter cup of the hot milk to the egg mixture, stirring rapidly with a wire whisk. Pour the warmed egg mixture back into the remaining milk that is still simmering, stirring constantly and rapidly with the whisk. Scrape the bottom and sides until it reaches the bubbling stage. Immediately turn off the heat. Stir in the butter and vanilla. There should be about one and a third cups. Pour and scrape the pastry cream into a bowl to chill. Yield: about one and a third cups.

*NY Times*

## TRADITIONAL PUMPKIN PIE

Makes 9 servings.

- |  |                        |
|--|------------------------|
| 1 (9 inch) unbaked pastry shell  | 2 eggs or 4 egg whites |
| 1 (16 oz.) can pumpkin (about 2 cups)  | 1 tsp. ground cinnamon |
| 1 (14 oz.) can Sweetened Condensed Milk lowfat may be used, but NOT evaporated milk) | 1/2 tsp. ground ginger |
|  | 1/2 tsp. ground nutmeg |
|  | 1/2 tsp. salt          |

TIP: To further reduce fat, use 4 egg whites instead of 2 eggs.

Preheat oven to 425 degrees. In large mixer bowl combine all ingredients except pastry shell; mix well. Pour into pastry shell. Bake 15 minutes. Reduce oven temperature to 350 degrees, bake 35 to 40 minutes longer or until knife inserted 1 inch from edge comes out clean. Cool. Garnish as desired. Refrigerate leftovers. Preparation time: 10 minutes

## PARADISE PUMPKIN PIE

- |                                       |                         |
|---------------------------------------|-------------------------|
| 1 (8 oz.) pkg. cream cheese, softened | 1/2 c. sugar            |
| 1/4 c. sugar                          | 2 eggs, slightly beaten |
| 1/2 tsp. vanilla                      | 1 tsp. cinnamon         |
| 1 egg                                 | 1/4 tsp. ginger         |
| 1 (9 inch) unbaked pie shell          | 1/4 tsp. nutmeg         |
| 1 1/4 c. canned pumpkin               | Dash of salt            |
| 1 c. evaporated milk                  | Maple syrup             |

Combine cream cheese, sugar and vanilla, mixing until well blended. Add egg and mix well. Spread onto bottom of pastry shell.

Combine pumpkin, evaporated milk, sugar, eggs, cinnamon, ginger, nutmeg and salt, mixing well. Carefully pour over cream cheese mixture. Bake at 350 degrees for 1 hour and 5 minutes. Cool. Brush with syrup. Makes 8 servings.

## PUMPKIN CREAM PIE

1 tbsp. plain gelatin  
3/4 c. cold water  
2/3 c. brown sugar  
1/4 tsp. ginger

1/2 tsp. cinnamon  
1/2 tsp. salt  
1 c. mashed cook pumpkin  
1 pt. vanilla ice cream

Dissolve gelatin in cold water. Stir in broth sugar, ginger, cinnamon and salt. Heat to boiling point, stirring constantly. Add pumpkin and vanilla ice cream. Beat mixture until thick and smooth. Pour into 9 inch pie shell or prepared graham cracker shell. Pop into refrigerator until serving time.

*Mary Dankert  
Owner Walter's Cookbooks*

## WALNUT-CRUNCH PUMPKIN PIE

Pie crust mix for one 9 inch pie crust

1 (16 oz.) can pumpkin  
1 (13 oz.) can evaporated milk  
2 eggs  
3/4 c. packed brown sugar  
1 1/2 tsp. ground cinnamon

1/2 tsp. salt

1/2 tsp. ground ginger

1/2 tsp. ground nutmeg

Walnut Topping (below)

1/4 c. heavy or whipping cream,  
whipped

About 3 hours before serving or early in day:

Prepare pie crust mix as label directs for one 9 inch pie crust; shape into a ball. On lightly floured surface with floured rolling pin, roll ball into a circle, 2 inches larger than 9 inch pie plate. Line pie plate with pastry; trim edge, leaving 1 inch overhang. fold overhang under; pinch to form fluted edge.

Preheat oven to 400 degrees F. In large bowl with mixer at medium speed, beat pumpkin with remaining ingredients except Walnut Topping and whipped cream until well mixed. Place pastry lined pie plate on oven rack; pour in pumpkin mixture. Bake 40 minutes or until knife inserted one inch from edge comes out clean. Cool pie.

Preheat broiler if manufacturer directs. Prepare Walnut Topping. Spoon topping evenly over pie. About 5 to 7 inches from source of heat, broil pie 3 minutes or until topping is golden and sugar is dissolved. Cool pie on wire rack.

To serve: garnish pie with whipped cream. Makes 10 servings.

### WALNUT TOPPING:

In small bowl with fork, mix well:

1 c. California walnuts, chopped  
3/4 c. packed brown sugar

4 tbsp. butter or margarine,  
melted

## FRESH COCONUT CREAM PIE

1/4 c. all purpose flour  
2 1/2 tbsp. cornstarch  
1 egg  
1 egg yolk  
1 3/4 c. milk, divided  
3/4 c. sugar, divided  
1/4 tsp. salt

1 tbsp. butter or margarine  
1 tsp. vanilla  
2 egg whites  
1 baked 9 inch pie shell  
2 c. grated fresh coconut, divided  
1 c. heavy cream, whipped

Combine the flour and cornstarch. Add the egg, egg yolk and 1/2 cup of the milk and stir until smooth. Set aside.

In a medium saucepan, beat together the remaining 1 1/4 cups of milk, 1/2 cup of the sugar and the salt. Cook over medium heat, stirring constantly, just until mixture begins to boil. Slowly stir in the flour mixture, stirring constantly. Continue cooking and stirring until mixture is thick, about 5 minutes. Remove from heat and add butter and vanilla, stirring until butter melts. Set aside. Beat the egg whites until they are foamy, then gradually add the remaining 1/4 cup of sugar a tablespoon at a time, beating until stiff peaks form. Gently fold 1 3/4 cups of the coconut into the egg whites, then fold this mixture into the custard, blending well. Spoon into pastry shell. Chill at least 4 hours.

Toast the remaining 1/2 cup coconut by spreading it in a single layer on a cookie sheet, then baking for about 6 minutes in a 200 degree oven or until a light brown. Top pie with whipped cream and sprinkle toasted coconut on top. Makes 8 servings.

## CRANBERRY PIE - CAPE COD

2 c. cranberries  
1/2 c. sugar

1/2 c. walnuts or pecans

Grease 10 inch pie plate. Spread berries, sprinkle with sugar and nuts.

2 eggs  
1 c. sugar  
1 c. flour

1/2 c. melted butter  
1/4 c. melted shortening

Beat eggs well. Add sugar slowly and beat well. Add flour, butter and shortening. Beat well and pour over berries. Bake at 325 degrees for 1 hour until golden brown. Serve with ice cream or whipped cream.

*Margaret (Lloyd) Bush '36*

## LEMON MERINGUE PIE

1 baked 9 inch pie shell  
1 1/4 c. sugar  
6 tbsp. cornstarch  
2 c. water  
1/3 c. lemon juice

3 egg yolks  
1 1/2 tsp. lemon extract  
2 tsp. vinegar  
3 tbsp. butter

Mix sugar and cornstarch together in the top of a double boiler. Add the two cups of water. Combine egg yolks with lemon juice and beat until well mixed. Add to the rest of the sugar mixture. Cook over boiling water until thick, about 25 minutes. This does away with the starchy taste. Now add the lemon extract, butter and vinegar and stir thoroughly. Pour mixture into deep 9 inch pie shell, and let cool. Cover with meringue, and brown in oven.

### MERINGUE:

1 tbsp. cornstarch  
2 tbsp. cold water  
1/2 c. boiling water  
3 egg whites

6 tbsp. sugar  
1 tsp. vanilla  
Pinch salt

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until COMPLETELY cool. With electric beater at high speed, beat egg whites until foamy. Gradually add sugar, and beat until stiff but not dry. Turn mixer to low speed; add salt and vanilla. Gradually beat in cooled cornstarch mixture. turn mixer again t high, and beat well. Spread meringue over filling. Bake at 350 degrees for 10 minutes or until top is lightly browned.

## **KEY LIME PIE/MARGARITA PIE**

### **CRUST:**

**2 c. graham cracker crumbs                      1 stick butter**

Are processed and pressed into bottom of a greased spring form pan. Flatten with a smaller pan. Place in oven 10 minutes at 340 degrees.

### **FILLING:**

**3 eggs plus 2 additional yolks are  
whipped**

Heat lightly, but DON'T COOK EGGS, while whipping, until thickened.

**1 pkg. unflavored gelatin is  
softened**

Add 2 cans sweetened condensed milk to whipped eggs. Add 2 teaspoons lime juice (Key lime juice is best for this). One additional tablespoon of lime juice is heated with the softened gelatin and is added. Pour all into crust and bake at 350 degrees for 10 minutes. Finish with either whipped cream or glaze top with heated apricot jam and serve whipped cream on the side.

OR flavor with Grand Marnier liqueur and Tequila and make a Margarita pie. If you do this use rough sugar around the edges of the pie plate, as if you were doing salt around Margarita glass.



## BUMBLEBERRY STRUDEL

1 Granny Smith apple, sliced      8 oz. unsweetened apple juice  
very thinly

Place in a pot over low heat. Add:

4 to 5 cloves, placed in a coffee      1/3 to 1/2 c. brown sugar  
mill and ground

Then add and boil until softened:

Lemon zest of 1 lemon      1/2 c. raspberries  
1/2 c. blackberries      1/2 c. rhubarb

Stir and bring to a boil.

4 tbsp. cornstarch (2 tbsp. if  
fresh fruit especially  
rhubarb is used), liquified

Stir in and pour immediately into Pyrex pie plate. Place immediately into refrigerator so color doesn't fade.

### Purchased Phyllo pastry, frozen

Place 4 layers each separately sprayed with olive oil. Place berries in a strip and roll up phyllo so last end is underneath. Spray top of strudel with olive oil spray. Bake at 375 degrees on parchment paper for 35 minutes.

As a garnish, mix a little extra fruit mixture into strained with a touch of honey. Serve a dollop on the side. Slice diagonally.

*Graham Kerr*

## NO ROLL PIE CRUST

1 (9 inch) pie crust

1 1/2 c. flour

1 1/2 tsp. sugar

1 tsp. salt

1/2 c. vegetable oil

2 tbsp. milk

Preheat the oven to 425 degrees. Sift the dry ingredients into a 9 inch pie plate. In a cup combine the oil and the milk, whip with a fork, and pour at once over the flour mixture. Mix with a fork until moistened. Press evenly and firmly into the bottom and up the sides of the plate. Adjust to a uniform thickness. Bake for 12 to 15 minutes, until lightly golden. Cool and fill as desired. Good with Quiche Lorraine; pumpkin pie; any quiche and fruit tarts.

*Wendy C. Weiler '71*

## LATTICE-TOP STRAWBERRY PIE

### CRUST:

2 1/2 c. all purpose flour, plus some for dusting the board	6 tbsp. cold vegetable shortening
2 tsp. plus 1 tbsp. sugar	About 6 tbsp. ice water
2 tsp. kosher salt	1 egg, lightly beaten
1/2 c. cold unsalted butter, cut in small pieces	

### FILLING:

3 pts. fresh strawberries, hulled and halved	6 tbsp. all purpose flour
3/4 c. sugar	1 tbsp. cold unsalted butter, cut into small pieces

To make the crust, combine the flour, 2 teaspoons of the sugar and the salt in a large bowl. Add the butter and shortening and rub into the dry ingredients until the mixture resembles coarse meal. Gradually and gently stir in just enough water to make it come together. Gently press the dough into a ball. Wrap in plastic and refrigerate 30 minutes.

To make the filling, preheat the oven to 425 degrees. In a large bowl, toss together the strawberries, sugar and flour. Set aside.

On a lightly floured surface, roll out half the dough to fit a 9 inch pie plate. fit the dough in the pie plate and spoon in the filling. Scatter the butter evenly over the top. Roll out the remaining dough, cut it into 1/2 inch strips and weave a lattice top over the filling. Trim and crimp the edges. Brush the egg over the crust and sprinkle with the remaining tablespoon of sugar. Bake for 15 minutes. Turn the oven down to 350 degrees. Continue baking until the crust is nicely browned, about 30 minutes. Place on a rack to cool. Cut into wedges and serve. Yield: 1 (9 inch) pie.

*NY Times*

## PEAR, HONEY, AND WALNUT PIE

### DOUGH:

2 c. flour  
4 oz. unsalted butter  
2 tbsp.s sugar

1 egg  
4 tbsp. dry white wine, chilled

### FILLING:

2 tbsp. unsalted butter  
1 c. walnuts, finely chopped  
1/2 c. honey  
8 Amaretti cookies, finely  
    chopped  
1 egg, for top

8 firm Bosc pears, diced  
2 tbsp. sugar  
2 tbsp. flour  
1/2 tsp. cinnamon  
1 c. dry Marsala wine  
Peel of one lemon

Preheat oven to 375 degrees. In a bowl, with your hands, break up butter pieces into flour and sugar, until granular. Add egg and gradually add wine. Do not overwork dough. Work into ball, and divide in two. Place on a plate in the refrigerator and cover with plastic wrap, to rest awhile.

Roll out bottom crust on a floured board. Fold into quarters and unfold into pie plate or tart pan.

Mix all filling ingredients and pile into pie. Dot with butter. Roll out top crust and then roll onto rolling pin and unroll onto pie. Brush with beaten egg and prick top crust. Bake at 375 degrees until golden.

*from "Biba's Italian Kitchen"*

## PEAR TATIN

### THE CARAMEL:

1/4 c. sugar

3 tbsp. plus 2/3 c. water

### THE PEARS:

3 Bosc pears (about 1 1/2 lbs.)  
2 tbsp. unsalted butter

2 tbsp. sliced almonds  
2 tbsp. golden raisins

### THE DOUGH:

1/2 c. all purpose flour  
2 tbsp. unsalted butter

2 tsp. sugar  
1 1/2 tbsp. milk

For the caramel: place the sugar and 3 tablespoons water in a heavy 10 inch skillet. Cook over medium to high heat for about 5 minutes, until the mixture turns a light caramel color. Remove from the heat and swirl the caramel in the skillet to cool and harden it. (If the caramel darkens too much as it continues to cook in the pans residual heat, place the base of the skillet in cool water to stop the cooking.)

For the pears: peel the pears, cut them in half lengthwise and core them. Arrange the pear halves, cut side up, on the caramel so that the pointed ends of the pears meet in the center. Add the butter and 2/3 cup water. Bring to a boil (the caramel will melt.) Cover the skillet with a lid, reduce the heat to low and cook gently for about 20 minutes, checking occasionally, until all the water has evaporated and the mixture in the pan has caramelized again. (By then, the pears should be partially cooked.)

While the pears are cooking, make the dough: place the flour, butter and sugar in the bowl of a food processor. Process for about 10 seconds. Add the milk and process for another 10 seconds. Transfer the unformed dough onto a sheet of plastic wrap and press on it until it forms a cohesive ball. Place another piece of plastic wrap on top of the dough and roll it with a rolling pin between the two plastic sheets to create a circle about the diameter of your skillet. Refrigerate the dough (still encased in plastic) to firm it slightly.

After the pears have cooked for 20 minutes fill their hollow centers with the almonds and raisins. Remove the dough from the refrigerator, peel off the top sheet of plastic wrap and invert the dough on top of the pears. Peel off the remaining plastic sheet. Place the skillet in a pre-heated 400 degree oven for about 30 minutes. (By then, the dough should

be nicely browned on top, and when you tilt the pan, there should be a rich layer of caramel in the bottom.) Set the skillet aside until serving time.

If the pear Tatin has cooled beyond lukewarm at serving time, re-warm it on top of the stove until the caramel is soft again (the whole mixture will move in the pan when you shake it). Not more than 30 minutes before serving, invert a serving plate on top of the dough and turn the warm tart out onto the plate. Slice into portions, serving half a pear per person. Serves 6.

*NY Times*

## **BRANDY ALEXANDER PIE OR GRASSHOPPER PIE**

1 1/2 c. Nabisco Chocolate  
wafers  
1/4 c. butter  
24 lg. marshmallows  
1/2 c. milk

1/4 c. Green Creme de Menthe  
1/8 c. Creme de Cocoa (light or  
dark)  
1 c. whipped cream

**Crust:** Crush 1 1/2 cups of Nabisco Chocolate wafers very finely. Put 1 1/4 cups of the wafers in a bowl and add a little less than 1/4 cup melted butter. Mix until wafer crumbs hold together when pressed. Press into an 8 inch pie pan and refrigerate while making filling.

**Filling:** Melt 24 large marshmallows and 1/2 cup of milk in top of a double boiler. After this completely melts, mix well and put ice in bottom of boiler to cool mixture. After mixture cools, add 1/4 cup Green Creme de Menthe or Brandy and 1/8 cup Creme de Cocoa (light or dark) and mix thoroughly. Pour into crust and sprinkle top with remaining 1/4 cup wafer crumbs. Put in freezer. Serve frozen.

**NOTE:** If desired, you can go an extra 20% volume of alcohol content.

## **FLAN   PIE**

Place:

**3/4 c. sugar in a teflon skillet**

Place in a blender and blend 7 minutes:

**3 eggs plus 3 yolks**

**2 oz. cream cheese**

**1 1/2 tsp. vanilla**

**1 can condensed milk (15 oz.)**

**14 oz. milk**

Continue to stir sugar; when syrupy, and all crystals are melted and it is dark but not burnt, place in a 10 inch Pyrex pie dish. Make sure dish is well covered. When it hardens, pour cheese mixture on top and place all in a water bath. Bake at 350 degrees for 70 minutes. Invert to serve. Garnish with strawberries and mint leaves.

## **CRUNCH AND CUSTARD PIE**

### **FOR THE FILLING:**

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 4 eggs                            | 1 1/4 c. (2 1/2 sticks) butter or   |
| 1 c. sugar                        | margarine, melted                   |
| 1/2 c. all purpose flour          | 2 2/3 c. (7 oz.) flaked or shredded |
| 2 c. light cream or half and half | coconut                             |
| 1 tsp. vanilla extract            |                                     |

In a small bowl of electric mixer, beat eggs at medium speed until slightly thickened. Gradually add sugar; continue beating until well blended. Add flour; blend at low speed until mixed. Blend in cream, vanilla and butter. By hand, stir in coconut. Divide batter evenly into 2 greased 9 inch layer pans.

### **TOPPING:**

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 c. all purpose flour             | 1/2 c. (1 stick) butter or |
| 1 1/2 c. firmly packed brown sugar | margarine, softened        |

Combine flour and brown sugar, then blend in the butter until crumbly. Sprinkle topping evenly over filling. Bake at 350 degrees for 35 to 40 minutes until golden brown crust forms on top. Serve warm or cold, cut in wedges. Store in refrigerator. Makes 2 pies, 16 servings.

Tips: The recipe may be cut in half to make 1 pie. You also can bake the full recipe in a 9 x 13 inch pan. To serve, cut in squares.



# **CUSTARD FILLED PHYLLO PIE WITH BRANDIED LEMON SAUCE**

## **"GALACTUBURICO"**

### **FILLING:**

6 c. milk	1/2 tsp. vanilla
1 1/2 c. sugar	1 tbsp. butter
1 c. brandy	

5 eggs

Whisk eggs into heated custard above.

1 cup semolina

Pour in and whisk over low heat. Set aside to cool.

### **PHYLLO DOUGH (8 LEAVES)**

The sheets are placed on a cutting board, about 1 inch margin is allowed, using the baking (round) pie pan as a guide cut rounds from the phyllo dough. Place one layer into the pan, which has been brushed with olive oil. Brush each layer with olive oil. After 3 layers of phyllo, add custard, which will resemble marzipan at this point. Layer with remaining 5 layers of phyllo, brushing each with olive oil, and the top layer also. Place in oven at 350 degrees for 30 minutes.

### **LEMON BRANDY SAUCE**

Into a saucepan place:

1 c. water	2 tbsp. honey
1 c. brandy	1 lemon zest and juice
3 1/2 c. sugar	

Stir with a wire whisk and boil about 10 minutes. As syrup thickens, remove custard pie from oven. Ladle sauce over pie and refrigerate until serving. Immediately before serving, ladle remainder of brandy sauce over pie.

## FRUIT PIZZA

### CRUST:

1/2 c. butter  
3/4 c. powdered sugar  
1/4 tsp. almond extract

1/4 tsp. vanilla extract  
1 egg (1/2 egg is actually better)

Cream the above ingredients together, then stir in the dry ingredients listed next.

1 1/4 c. flour  
1/2 tsp. baking soda

1/2 tsp. cream of tartar

Pat into well greased baking pan. Bake at 375 degrees for 15 minutes. Cool.

### FILLING:

1 (8 oz.) pkg. cream cheese

1/3 c. powdered sugar

Mix together until soft and blended together. Spread over crust.

### Fruit

Your choice, drain and blot fruit on paper towel. Arrange on cream cheese.

### GLAZE:

1/2 c. sugar  
2 tbsp. cornstarch  
1/4 c. water

1/2 c. orange juice  
1/4 c. lemon juice

In a small saucepan mix together. Cook until boiling, then cook 1 minute longer. Spoon over fruit. Chill at least 15 minutes, then serve. Presents well and tastes good.

*Kate Siemsen '64*

## FRUIT PIZZA

1 roll Pillsbury sugar cookie  
dough  
8 oz. cream cheese, softened  
1/2 c. sugar (or less to taste)

1/2 tsp. vanilla  
2/3 c. Cool Whip (can use light  
Cool Whip)

Spread cookie dough evenly in a greased 12 inch pizza pan. Bake at the temperature on the package for 10 minutes, or until lightly browned. Cool. Mix cream cheese, sugar, vanilla and Cool Whip until smooth, and sugar is dissolved. Spread on cool crust. Top with desired fruits (suggestions below), arranged in a decorative pattern. Optional: sprinkle with coconut, and/or mini chocolate chips. Refrigerate at least one hour before serving.

### SUGGESTIONS FOR FRUIT:

Small can mandarin oranges,  
drained  
Grapes, halved to lay flat  
Strawberries, sliced to lay flat  
Sliced kiwi

Sliced peaches  
Banana slices, dipped in lemon  
juice  
Small can crushed pineapple,  
drained

*Marty (Hedeman) Buckingham '55*

## WHITE CHOCOLATE RAVIOLI WITH HAZELNUT SAUCE

8 oz. bittersweet chocolate  
1/4 c. unsalted butter  
2 whole eggs  
5 egg yolks  
Pinch of salt  
Pinch of cream of tartar  
3/4 c. heavy cream

2 tbsp. sugar plus 1/4 c. sugar  
2 tbsp. plus 1/4 tsp. vanilla  
1 3/4 c. half and half  
1 c. chopped toasted hazelnuts  
16 oz. white chocolate in bars  
Dash of Frangelico, to taste

The night before: make the mousse.

Melt dark chocolate, butter over a double boiler. Remove from heat, whisk in 2 egg yolks. 2 egg whites with salt and cream of tartar are whipped and folded in. Whip heavy cream add 2 tablespoons sugar and 2 tablespoons vanilla. Fold in carefully to chocolate.

Transfer mousse to a metal bowl and refrigerate overnight.

Next day: make the sauce. Blend scalded half and half and 3/4 cup chopped hazelnuts until well combined. With a whisk combine: 5 egg yolks, 1/4 cup sugar, 1/4 teaspoon vanilla and a pinch of salt. Add cooled hazelnut cream and stir over low heat until thickened. DO NOT BOIL.

Remove from heat and whisk to incorporate air. Add Frangelico and strain through a chinoise, or a fine sieve.

Assembly of white chocolate ravioli: White chocolate at room temperature is removed from the package and is slightly flattened with a rolling pin. Then put on a pasta roller machine until a sheet 1/16 inch is achieved.

Press into ravioli molds that have been pre chilled. Fill each indentation with a dollop of cooled mousse. Place another flattened layer of chocolate ravioli on top and roll sideways at edges with a rolling pin to remove excess at edges. Spoon sauce into center of each serving plate. Place 4 ravioli on each plate. Sprinkle with remaining hazelnuts.

*From The Rattlesnake at the Tivoli in Denver  
Ellen Weintraub '71*

## **CHOCOLATE MOUSSE PIE IN A PECAN MERINGUE CRUST**

**1/8 tsp. each salt and cream of tartar      3 egg whites**

Beat together. Add:

**1/2 c. sugar**

Fold in:

**1/2 tsp. vanilla**

**1/2 c. pecans**

Spread into a greased pie pan, mounding toward edges. Bake at 300 degrees for 1/2 hour.

Melt 9 oz. unsweetened or semi sweet chocolate. Whisk in:

**1/3 c. espresso**

Cool to room temperature. Add 4 egg yolks whisking constantly. Fold in 1 cup whipped cream into chocolate mixture. 4 beaten egg whites are folded into chocolate mousse.

Into cooked pie shell pour chocolate mousse and chill until set. Just before serving pie is topped with sweetened whipped cream and chocolate shavings. Serve same day or meringue will not be crisp.

## **CHOCOLATE MOUSSE**

Designed by Nestle for their chocolate chips, it can be used with any sweetened chocolate chopped into chip size pieces. Place in a blender:

**2 c. chocolate pieces**

**3 tbsp. brandy**

**1/2 c. sugar**

**1 c. boiling milk**

**3 eggs**

Blend until smooth, about 30 seconds. Pour into 8 dessert dishes and chill until ready to serve, at least 1 hour. And if you like, top with whipped cream.

## CHOCOLATE MOUSSE

1/2 c. sugar  
4 eggs, separated  
1 c. milk, hot, scalded  
1 (12 oz.) pkg. chocolate bits,  
melted

1 tsp. instant coffee, melt in hot  
milk  
2 jiggers cognac

Beat sugar and 4 egg whites until stiff. Put 2 egg yolks, melted chocolate, brandy into blender. Pour hot scalded milk with coffee into mixer at once. Run until smooth. Fold into egg white mixture and refrigerate for 2 hours or more.

*Marion Mann Roberts '39*

## WHITE CHOCOLATE MOUSSE

6 oz. white chocolate  
6 tbsp. sweet butter, softened  
3 lg. eggs, separated

1/4 c. sugar  
1/2 tsp. vanilla

Melt chocolate over hot water and beat with the butter until creamy. Add egg yolks and continue beating until the mixture gets creamy and thick.

Beat egg whites until frothy, sprinkle on sugar and continue beating until soft peaks form. Stir half the egg whites and vanilla into the chocolate mixture, then fold in the rest. Spoon into demitasse cups, chill and serve.

## WHITE CHOCOLATE MOUSSE

Time: about 20 minutes plus chilling time.

- |   |  |
|---|--|
| 2 vanilla beans, split lengthwise       | 1 env. gelatin, dissolved in 1/4 c.      |
| 1 c. confectioners' sugar               | cold water                               |
| 6 eggs, separated                       | 2 c. whipping cream                      |
| 8 oz. melted white chocolate (see note) | 1 tbsp. vanilla extract                  |
| 4 oz. white chocolate, finely chopped   | Chocolate-dipped strawberries (optional) |

Pulverize vanilla beans in food processor with confectioners' sugar. Then sift sugar and set aside. Mix egg yolks and sugar. whip in electric mixer for 3 minutes until frothy and greatly increased in volume. Add melted chocolate and mix 2 minutes. Add chopped chocolate and dissolved gelatin and mix slightly. Whip egg whites until stiff. Whip cream until stiff; add 1 tablespoon vanilla extract.

Mix together whites and cream and fold into chocolate mixture. Mix gently but thoroughly. Pour into serving container and chill for 2 hours. Serve with chocolate-dipped strawberries. Makes 10 to 12 servings.

NOTE: Be sure to use white chocolate coating not compound.

## WHITE CHOCOLATE MOUSSE

- |                        |                  |
|------------------------|------------------|
| 12 oz. white chocolate | 1 lg. egg        |
| 2 tbsp. brandy         | 2 tbsp. sugar    |
| 1/2 tsp. vanilla       | 1 c. heavy cream |

Make sure to buy chocolate made with cocoa butter. Place white chocolate in top of a double boiler. Add vanilla and brandy. Whisk in a bowl the egg and sugar. Beat until pale yellow and add to white chocolate. Combine with spatula and add 1 cup whipped cream. Fold in carefully but well.

## RASPBERRY SAUCE:

- |                   |                  |
|-------------------|------------------|
| 2 pt. raspberries | Juice of 1 lemon |
| 2 tbsp. sugar     |                  |

Process. Place over a fine sieve (it will take a few minutes) and discard seeds.

## **WALNUT MOUSSE**

**2 c. milk**  
**4 eggs, separated**  
**1/2 c. sugar**  
**6 tbsp. flour**

**1 1/2 c. ground walnuts**  
**7 oz. semisweet chocolate**  
**1/2 c. plus 2 tbsp. butter**

Bring milk just to a boil in a small saucepan. In a mixing bowl, combine egg yolks, sugar and flour until blended. Pour some of the hot milk into the bowl, whisking constantly. Pour mixture into the saucepan with remaining milk. Bring mixture to a boil, whisking constantly. Remove from heat. Mix in walnuts.

Beat egg whites until stiff. Stir a little of the egg whites into the mousse base to lighten the mixture. Fold this mixture into remaining egg whites. Spoon mousse into a deep 6 cup dish. Keep at room temperature if serving immediately or cover and refrigerate.

Just before serving, melt the chocolate with the butter over low heat, mixing with a wooden spoon. Serve mousse warm or cold in dessert bowls. Pass the hot chocolate sauce separately. Serves 6 to 8.

## **FRESH PEACH MOUSSE**

**3/4 c. sweetened condensed milk**  
**1/2 c. sugar**  
**1/2 c. water**  
**1/4 tsp. salt**

**2 tsp. vanilla extract**  
**1 c. crushed fresh peaches**  
**1 c. whipping cream, whipped**

Combine milk, sugar and water in a saucepan. Heat and mix until well blended. Chill. Add salt and vanilla. Turn into an ice cube tray and freeze to a mush. Remove from freezer and turn mixture into a bowl. Beat until light and fluffy. Fold in peaches and whipped cream. Return to freezing tray and freeze until firm. Serves 8.



## CREAMY FLAN

Four servings. Preparation time: 35 minutes. Microwave cooking time: 27 to 29 minutes. Cooling time: 2 hours.

1/2 c. sugar	3 eggs
1/3 c. water	1 tsp. vanilla extract
1 c. sweetened condensed milk	1/8 tsp. salt
1 c. half and half	2 tsp. cornstarch

Combine sugar and water in a glass bowl. Microwave on high (100 percent power) 6 to 7 minutes, stirring after 3 minutes. Caramel mixture is ready when it is golden in color. Pour equal amounts of caramel mixture into each of 4 custard cups. rotate each cup so caramel coats side and bottom of each cup; set cups aside.

Combine sweetened condensed milk, half and half and cornstarch in a glass bowl. Microwave on high 4 minutes or until mixture is hot but not boiling. Set aside.

Break eggs into a small bowl; add vanilla and salt. Beat well. Gradually add egg mixture to hot milk, stirring constantly; set mixture aside.

Pour about 1 1/2 cups water into an 8 inch square flat bottom casserole; microwave on high 8 minutes or until water begins to boil. Leave casserole with hot water in microwave. Pour milk-egg mixture into caramel-coated custard cups. Set each custard cup in hot water in microwave. Cover entire casserole with waxed paper; microwave on medium (50 percent) 9 to 10 minutes, rotating casserole every 4 minutes. Let custard cups stand 5 minutes in hot water. Insert a knife into flan; if it comes out clean, flan is done. Refrigerate until cool.

To unmold cooled flan, invert each custard cup onto a dessert plate so that caramel coating is on top of flan. Lift custard cup from flan. If flan does not dislodge when cup is lifted, run a sharp knife between flan and side of custard cup; then invert. Refrigerate flan until ready to serve.

## **ZABAGLIONE MOUSSE**

8 oz. egg yolks  
1/2 c. plus 1 tbsp. sugar  
1/3 c. brandy or Marsala

1 lb. marscarpone cheese  
Zest of one lemon  
4 egg whites

Beat the egg yolks and the 1/2 cup of sugar on top of a double boiler with a whisk until creamy and lemon colored. Add brandy or marsala and continue vigorously whisking until doubled in volume, about 4 to 5 minutes. Place on a bowl of ice water to cool.

With an electric beater, beat the marscarpone until soft and creamy. Add freshly grated lemon peel (no white part, this is the "zest"). Separately, beat egg whites with 1 tablespoon sugar.

In a large glass bowl, incorporate zabaglione into marscarpone by folding with a spatula. Fold in beaten egg whites carefully but thoroughly. Cool and serve in pretty crystal sherbet dishes. Garnish with chocolate curls for real authenticity.

*Ellen Weintraub '71*

## **AMARETTO LIQUER CREME CARAMEL CUSTARD**

1/2 c. sugar  
1 1/2 c. milk  
1 1/2 c. heavy cream  
2 oz. semi sweet chocolate,  
chopped or chocolate chips

2 eggs  
2 tbsp. Amaretto liqueur  
8 lg. double Amaretto cookies

Serves 6. Oven to 350 degrees. Heat 2 cups sugar in a copper pan until it caramelized. Divide between 6 (6 oz.) ramekins (do not burn yourself!). Combine milk, cream and pieces of semi sweet chocolate. Remove from heat, let cool. Add eggs carefully and add Amaretto. Place an Amaretto cookie in each ramekin. Cover biscuit with chocolate custard. Bake in a water bath for about 45 minutes or until knife comes out clean. Cool and invert. Refrigerate until serving. Serve with Amaretto cookies.

## **RICE PUDDING**

1 c. long grain white rice  
1/2 c. water  
2 1/2 c. milk

1/4 c. sugar  
1 tbsp. unsalted butter  
1 tsp. vanilla

Bring water to a boil and boil rice for 5 minutes. Add blanched rice to milk and butter. Add vanilla and sugar. Turn heat to a low simmer, and cook for 30 to 35 minutes. It should be a soupy consistency. Cool in a bowl to room temperature.

3/4 c. raisins, soak in hot water  
to plump

Then add:

1/4 c. each: whipped cream,  
apricot preserves and pastry  
cream

Garnish with whipped cream and cinnamon.

## **PORTUGUESE RICE TERRINE**

1 c. milk  
1 1/4 c. rice, short grain  
3 egg yolks  
1/2 c. sugar  
2 1/2 c. milk

1 c. water  
Peel of 1/2 lemon  
4 cinnamon sticks  
1 tbsp. butter  
1/2 c. caramel

Separate 3 eggs and set aside. In medium copper pan add sugar and 1/4 cup water and mix over medium heat to caramelize.

In another larger saucepan, combine remaining water, butter and cinnamon. Stir over high heat adding rice. Egg yolks, 1 cup milk and sugar are whisked well in a bowl then added to another pan. Add remainder of milk to this one.

Pour caramel into terrine pan and set aside to cool to room temperature. Milk is added to rice only as needed allowing it to absorb it slowly (like risotto preparation). Whisk egg mixture regularly. When all is combined, remove cinnamon sticks, pour into terrine or loaf pan and refrigerate until serving. Serve in slices.

## COLD ORANGE SOUFFLE

1 c. cold water  
2 env. unflavored gelatin  
8 eggs, separated  
1/2 tsp. salt

2 (6 oz.) cans frozen orange juice,  
defrosted  
1 c. sugar  
1 c. whipping cream

Prepare a collar of doubled waxed paper around your souffle dish. The collar should come 2 inches above the top of the dish, or a little higher. Fasten with gummed tape.

Place water in the top of a double boiler and sprinkle gelatin over the surface to soften. Beat egg yolks lightly and add them with the salt. Mix well, off the heat.

Place over boiling water and cook, stirring constantly, until the gelatin dissolves and the mixture thickens, about 4 minutes. Remove from double boiler, place the mixture in a large bowl, and add the orange concentrate. Chill until the mixture drops from a spoon into soft mounds. Beat the whipping cream until stiff and set aside.

Beat the egg whites. Gradually beat in the sugar and continue beating until the egg whites are stiff. Fold the whites into the orange mixture and then carefully fold in the whipped cream. Pour the mixture into the prepared souffle dish and chill until firm. Remove the collar and decorate with mandarin orange slices, edible flowers, a sprig of fresh mint.

*Ellen Weintraub '71*

## FROZEN STRAWBERRY SOUFFLE

3 c. sliced strawberries  
1 1/4 c. plus 3 tbsp. sugar  
8 egg yolks  
2 tbsp. framboise, mirabelle,  
kirschwasser or other white  
spirit, optional

1 1/2 c. heavy cream  
3 or 4 whole and/or sliced  
strawberries for garnish

Blend the strawberries and half a cup of sugar in a skillet. Cook, stirring occasionally, until sugar and the liquid from the berries thicken, about 10 minutes. Remove and let cool thoroughly.

Select a two quart mixing bowl that will fit snugly inside a larger saucepan. Add about two inches of water to the saucepan and bring to the simmer.

To the mixing bowl add the egg yolks, three quarters cup of sugar and beat vigorously and thoroughly with a wire whisk or portable electric mixer, making certain to scrape around the inside bottom of the bowl with the beater.

Fit the mixing bowl inside the saucepan (over but not in the water) and continue beating. Beat about 10 minutes or less until yolks are quite thick and pale yellow. Beat in the framboise. Add the berry mixture and fold it in. Chill thoroughly.

Whip one cup of the cream until stiff and fold in two tablespoons of sugar. Fold this into the strawberry mixture. Chill a two quart souffle dish in the freezer. Neatly tie a "collar" made of wax paper or aluminum foil around the souffle dish. That is to say, tie a length of wax paper or foil around the dish so that the ends overlap. The top of the paper or foil should extend about two inches above the top of the dish. Tie with string to secure.

Pour the souffle mixture inside the dish. The quantity will be enough to rise above the top of the dish. The collar will keep the mixture contained. Place the dish in the freezer and let stand overnight.

Whip the half a cup of cream. Beat in remaining one tablespoon of sugar. If desired, outfit a pastry bag with a star tube and pipe the cream around the top in a fancy pattern. Decorate with whole and/or sliced strawberries. Yield: 8 or more servings.

*NY Times*

## **FRENCH STRAWBERRY DESSERT**

Six to eight servings. Preparation time: 15 minutes. Cooking time: 5 minutes.

<b>3/4 c. sugar</b>	<b>2 pt. fresh strawberries, washed,</b>
<b>1/2 c. whipping cream</b>	<b>hulled</b>
<b>1/4 c. light corn syrup</b>	<b>1 c. sour cream</b>
<b>2 tbsp. butter or margarine</b>	
<b>1/2 c. chopped chocolate coated</b>	
<b>toffee bars</b>	

Mix sugar, whipping cream, syrup and butter in medium saucepan. Heat to boil; boil 1 minute. Remove from heat; stir in chopped toffee. Cool, stirring occasionally.

Serve fresh strawberries topped with sour cream and some of the cooled sauce.

## **CREME BRULEE**

<b>6 egg yolks</b>	<b>5 oz. sugar</b>
--------------------	--------------------

Whisk until lemony and thick.

<b>3 split vanilla beans</b>	<b>A quart of warmed heavy cream</b>
------------------------------	--------------------------------------

Scrape essence of vanilla beans, place in a warmed heavy cream. Slowly add warm cream to egg yolk mixture. Remove foam that rises to top and discard.

Fill ramekins not quite to top. Bake in a bain marie covered with foil at 325 degrees for 30 to 45 minutes until custard is set. Wrap in plastic and chill for 8 hours.

Top with:

**Sugar in the raw**

Brown with a blowtorch or under broiler.

## **BOULES DE NEIGE (SNOW BALLS)**

**1 c. sugar**  
**1/4 c. water**  
**1 pt. fresh strawberries**

**3 egg whites, at room temperature**

Place 1/2 cup sugar and the 1/4 cup water in a small saucepan and bring to a boil to dissolve the sugar. Remove pan from heat.

Remove the stems from the strawberries. Place the berries in a food processor or blender and puree. Add the sugar syrup and set the mixture aside. Fill a deep skillet with water. Bring it to a simmer, at about 170 degrees F.

While the water is heating, beat the egg whites until stiff but not dry. Add the remaining 1/2 cup sugar and beat for another minute to blend and make a shiny meringue.

Using soup spoons, scoop out some of the meringue into the simmering water. Cook about five balls at a time, letting simmer for about 1 1/2 minutes, then turn over with a slotted spoon and cook 30 seconds longer. When they are done, remove to a plate lined with a cloth or paper towel to drain. Continue cooking in this way until all the meringue is used up. This can be done ahead and the meringue balls refrigerated.

When ready to serve, carefully pat the meringues dry and arrange them over the strawberry puree. Serves 6.

## **INDIVIDUAL CHERRY SOUFFLES**

**6 egg whites**

**3 tbsp. sugar**

Beat vigorously to soft peaks. Blend in:

**6 lightly beaten yolks**

**4 tbsp. Cherry Marnier**

With a wire whisk until smooth. Blend into egg whites carefully with a rubber spatula in a circular motion in opposite direction you are turning the metal bowl. Fill 4 ramekins. With your pointer finger make a tiny tunnel around the rim of each so they bake evenly. Bake for 6 minutes at 425 degrees.

**Confectioners' sugar**

**Dark, sweet cherries**

Sprinkle with confectioners' sugar and take dark sweet cherries and place in a slit in the top of each. Makes 4.

## **LO-CAL HONEY AND APPLE SABAYON**

**1/2 c. nonfat dry milk**

**1/2 c. ice water**

Beat for 7 minutes.

**1/2 c. superfine sugar**

**1 c. egg substitute**

Place water in a saucepan. Place a copper mixing bowl on top with 1/2 cup superfine sugar and 1 cup egg substitute.

**1 1/2 c. sweet white wine**

**2 tbsp. cornstarch**

**3 tbsp. fireweed honey**

Heat separately white wine. Whisk sugar and eggs constantly. Add fireweed honey to wine. Add cornstarch to a small amount wine and add to wine mixture.

**Granny Smith apple**  
**3 tbsp. superfine sugar**

**1/4 tsp. vanilla**  
**1/8 tsp. orange flower water**

Core a Granny Smith and dice and place in ice water with lemon if you don't use immediately. Add 3 tablespoons superfine sugar to beaten nonfat milk "cream" and a 1/4 tsp. of vanilla and 1/8 tsp. of orange flower water.

**1 tbsp. oil**  
**1/4 c. sliced almonds**

**1/4 tsp. vanilla**  
**1/4 tsp. almond extract**

Drizzle in 1 tablespoon oil and add wine with cornstarch to "eggs" and apples and add 1/4 cup sliced almonds, 1/4 teaspoon vanilla and 1/4 teaspoon almond extract.



## **WARM CUSTARD RICE PUDDING WITH WARM MANGO SAUCE**

(Like a Mango Risotto)

**3 c. mango juice**  
**1 c. arborio rice**  
**4 oz. superfine sugar**

**4 egg yolks (or 6 oz. egg  
substitute)**  
**1 mango, diced**

In a pressure cooker place:

**1 cup pearley short grain rice**

Add 1 cup mango juice and 2 cups water. Cook 7 minutes.

Place 1 cup mango juice on heat in a saucepan. Place a copper mixing bowl over a pot of hot water, with 4 oz. superfine sugar inside and 6 oz. egg substitute (or 4 egg yolks), beat with a whisk like zabaglione. Add, by drizzling, remaining cup mango juice whisking all the while. Add 2 tablespoons cornstarch into small amount mango juice and drizzle in.

Place boiling hot nectar over diced pieces of mango. Pour custard over pressure cooked rice. Add half of diced mango mixture. Add 1/4 teaspoon freshly grated nutmeg. Serve in wine glass or a champagne sherbet. Top with a dollop of remaining mango mixture and sprinkle a little nutmeg on top.

## **QUICK CHERRY TRIFLE**

**1 1/2 lbs. cherries**  
**4 tbsp. sugar**

**1/2 c. dry fruity red wine**

Boil. Let cool off in liquid. Line a bowl with 2 crossed strips of paper and then plastic wrap, pieces of sliced pound cake. Place cooked cherries inside, layering with more pound cake and more cherries, ending with pound cake. Refrigerate until serving.

**Mango**  
**2 tablespoons honey**

**Splash water**  
**1 tbsp. dark rum**

Process for sauce.

## PLUM AND CINNAMON SOUFFLE

Canned plums in syrup  
Framboise

Cinnamon

Plums and syrup are heated in a skillet, add cinnamon. Cook until mashable. Add framboise, process, strain and chill. For each souffle you will need:

1/3 c. egg whites, whipped  
1/4 c. sugar

1/3 c. chilled plum puree

Add coulis, or processed plums, to small amount of egg whites. Fold in remainder of egg whites. Butter and sugar tiny souffle dishes or ramekins or charlotte molds and sprinkle with sugar. Spoon in halfway up. Place in a few raspberries, fill up to top. Run a knife around edge so it rises straight up. Bake at 350 degrees for 12 minutes.

Finished souffles are sprinkled with powdered sugar and should be served with creme anglais on the side (recipe on p. 407).

## YULETIDE EGGNOG PUDDING

8 eggs, separated  
1/2 c. cold water  
2 tbsp. gelatin  
2 tsp. vanilla

1 c. sugar  
1/2 c. boiling water  
3/4 c. whiskey (bourbon)

Soak gelatin in cold water, then dissolve in boiling water. Cool. Beat eggs separately. Slowly, add sugar, vanilla and whiskey to well beaten yolks. When beaten egg whites have soft peaks, add dissolved gelatin. Combine two mixtures and mix thoroughly. Pour into ring mold. Chill. when pudding is unmolded, fill center with:

1 pt. cream, whipped  
20 to 24 almond macaroons,  
crumbled

1 c. almonds, blanched, finely  
chopped

Combine together.

*Liz Gibson Brooks '53*

# **WHITE CHOCOLATE TERRINE WITH COCONUT COOKIES AND CARAMEL SAUCE**

## **WHITE CHOCOLATE TERRINE**

**6 oz. white chocolate, melted  
over hot water**

**2 oz. butter added**

Mix together. Add:

**1/4 c. unflavored gelatin,  
softened in praline liquer**

**1/2 c. chopped pecans**

Add 1 cup scalded cream. Cool to room temperature and then add 1 cup whipped cream. Line terrine with plastic wrap, chill for 2 to 3 hours. Cover a corner of cardboard box with aluminum foil and fit into a terrine to form a triangular mold.

## **CARAMEL SAUCE:**

**1 c. melted granulated sugar**

This is melted and used for Caramel sauce, when light brown keep stirring.

Add:

**2 tablespoons butter**

Remove from heat and then add:

**3 tablespoons (gradually) of  
heavy cream**

whisking all the while. Then cool until ready to ladle.

## **COCONUT COOKIES:**

**1 egg  
1/2 c. flour**

**1/2 c. sugar  
1 can shredded coconut**

Mix all ingredients and then bake on a preheated oiled pan at 375

degrees for 10 minutes (will spread alot). Shape immediately on a cool surface for presentation into a curled shape. Place a slice of terrine on top of a cookie and ladle sauce over. Garnish with a dollop of whipped cream and a sprig of mint.

# **WHISKEY CREAM SHORTCAKE**

## **SHORTBREAD CRUST:**

**1 1/2 c. flour**  
**1 c. butter**

**1/2 c. sugar**

## **TOPPING:**

**1/2 c. white chocolate, melted**  
**1 1/4 c. sugar**  
**6 egg yolks**  
**1 1/2 c. milk**

**1 tsp. vanilla extract**  
**5 gelatin leaves**  
**2 c. whiskey**  
**1 c. cream**

## **COFFEE SAUCE:**

**2 c. milk**  
**3/4 c. sugar**

**5 egg yolks**  
**3 c. strong coffee**

For coffee sauce: pour 3 cups coffee on high heat in a saucepan until liquid has almost evaporated entirely. Add 2 cups milk and whisk to blend. Place 5 egg yolks and 3/4 cups sugar in a mixing bowl and whisk until blended thoroughly to a creamy consistency.

Meanwhile the coffee and milk mixture continue to reduce at a simmer. Remove when it comes to a low bowl and whisk into the eggs. Return sauce to stove and reduce to thicken. For the shortbread, slice 1 cup of butter in a mixing bowl. Add 1/2 cup sugar and mix aggressively to a light consistency. Add 1 1/2 cup flour and mix until dough is coarse but holds together.

Roll flat until 1/4 inch thick and cut out a circular piece with a 9 inch mold (or springform pan). Prick with a fork. Remove the ring.

Bake at 325 degrees for 25 to 30 minutes until golden. Layer melted chocolate over the top.

## **WHISKEY CREAM:**

Place in a saucepan on medium heat:

**1 1/2 c. milk**

**1 tsp. vanilla extract**

Whisk 6 egg yolks and 1 1/4 c. sugar in a mixing bowl. Stir in warm milk; then 2 cups of whiskey. Mixture is poured back into saucepan over

low heat for a few minutes. Then place mixture back in the mixing bowl set over ice.

Place 5 gelatin leaves to a bowl of water to soften. Then remove from water and add to whiskey cream. Whip 1 cup cream and add. Pour into shortbread mold and refrigerate at least 6 hours or overnight. Use a hot knife run around inside rim of ring mold and unmold.

## **FLAN**

### **CARAMEL:**

**1/2 c. water**

**1/2 c. sugar**

Scald until mahogany. Add a little water to stop cooking. Pour into ramekins and place in freezer, until you fill with custard.

### **CUSTARD:**

**4 egg yolks, beaten**

**1/4 c. sugar**

**4 c. milk**

**1 tsp. vanilla bean or 2 tsp.  
vanilla extract**

Scorch milk with vanilla, not quite to boiling and add slowly to sweetened beaten eggs. Bake in individual ramekins in a bain marie at 350 degrees until set. Unmold to serve. Slice a strawberry almost to the stem thinly and fan out and garnish with 2 mint leaves.

## **INDIVIDUAL JACK DANIELS' BREAD PUDDINGS**

Preheat oven to 350 degrees. Butter ramekins. In a mixing bowl, combine:

4 eggs	1/2 c. raisins
3/4 c. sugar	1/3 c. pecans
1 c. half and half	1 tsp. vanilla
1 tsp. cinnamon	1/4 c. Jack Daniels

Day old bread is cubed, then soaked in custard mixture for a while. Spoon into ramekins. Bake at 350 degrees for 10 to 15 minutes. Garnish with mint leaves and fresh flowers. Sprinkle with confectioners' sugar and/or a scoop of ice cream.

## **MOUSSE DE BANANAES (BANANA MOUSSE)**

1/3 c. golden raisins	1 env. unflavored gelatin
1/4 c. dark rum	2 tbsp. boiling water
1/2 lb. white chocolate	3/4 c. sweetened condensed milk
3 to 4 unpeeled bananas, about one and one half pounds	(do not use regular condensed milk)
2 tbsp. lemon juice	1/2 c. heavy cream

Put the raisins in a small bowl and add the rum. Set aside until raisins are softened.

Put the chocolate in a saucepan. Set the saucepan in a slightly larger saucepan of simmering water. Stir occasionally until chocolate melts.

Peel the bananas and cut them into slices one half inch thick. Put the slices in the container of a food processor or electric blender and add the lemon juice. Process to a fine puree. There should be about two cups. Pour and scrape the mixture into a large mixing bowl.

Blend the gelatin and water, and stir until they are softened. Add this to the banana mixture and stir. Add the sweetened condensed milk and the melted chocolate. Stir to blend thoroughly. Add the raisins in rum and stir. Whip the cream until stiff and fold it in.

Spoon an equal portion of the mousse into eight to 10 individual ramekins or dessert molds. Chill overnight. Yield: 8 to 10 servings.

## GRAND MARNIER SOUFFLES

6 tsp. (1/4 stick) butter, softened	3 tbsp. Grand Marnier
Sugar	2 tsp. finely grated orange peel
6 eggs, separated	1 tbsp. fresh lemon juice
1/2 c. sugar	Powdered sugar
1/4 c. fresh orange juice	

Preheat oven to 450 degrees F. Butter 6 individual souffle dishes 4 inches in diameter using 1 teaspoon for each. Dust each dish with sugar, shaking out excess.

Combine egg yolks, scant 1/4 cup sugar, orange juice, liqueur and peel and whisk just until blended. Beat egg whites with remaining granulated sugar until soft peaks form. Add lemon juice and blend thoroughly. Fold yolk mixture into whites. Spoon into souffle dishes. Use thumb to make rim around outer edge of souffles. Bake until puffed and browned, about 10 minutes. Remove dishes from oven using large wide spatula. Sprinkle tops of souffles with powdered sugar, set dishes on napkin lined plates and serve immediately. Serves 6.

*Restaurant Le Francais in Chicago*

## SEA FOAM MOUSSE

A delight in the summer months. Serves 8.

1 can pears (30 oz.)	1/4 c. chopped pecans
1 pkg. lime Jello	1 c. heavy cream
1 pkg. (8 oz.) cream cheese	Raspberries or any other berries

Drain pears reserving 1 cup juice. Heat juice and add Jello stirring until dissolved. Cool. Combine drained pears with cream cheese and mix in food processor, or mash together with potato masher. Add nuts and Jello mixture. Combine well. Whip cream and fold into pear mixture. Pour into bowl or ring mold and cover tightly. Refrigerate until firm (at least 6 hours). Serve with berries.

*Annabelle F. Prager '43*



## MAGIC FRUIT SOUFFLE (4 TO 6)

If made in advance, this souffle will rise again when reheated in the oven eliciting cries of admiration and surprise!

**1 generous cup apricot or prune  
puree**

Make by simmering package of dried prunes or apricots in  $\frac{2}{3}$  cups orange juice until tender (if needed add more liquid). Mash or blend in food processor until consistency of jam.

**Sugar to taste (about  $\frac{3}{4}$  c.)  
5 egg whites**

**$\frac{1}{2}$  c. broken nut meats  
 $\frac{1}{2}$  tsp. grated lemon rind**

Whip eggs until stiff, adding sugar, and fold in fruit pulp, nuts, rind. Pour into greased souffle dish and set into pan of hot water. Bake at 350 degrees until it rises and is golden (approximately  $\frac{3}{4}$  hour). Can be rebaked a day or 2 later watching for it to heat and rise.

*Annabelle F. Prager '43*

## CREME BRULEE

**1 c. milk  
1 c. heavy cream  
4 lg. egg yolks**

**1 c. granulated sugar  
 $\frac{1}{2}$  tsp. vanilla extract  
1 tbsp. orange flower water**

Preparation time: 15 minutes. Cooking: 30 minutes. Preheat oven to 400 degrees. In a medium saucepan bring milk and cream just to the boil over medium heat. Beat the egg yolks with half the sugar in a bowl until slightly thickened. Stir in the hot mixture, vanilla extract, and orange-flower water. Strain the custard into 6 ramekins, dividing it equally.

Set ramekins in a cold water bath in a roasting pan (water should come about halfway up sides of ramekins). Bake in oven until a skin forms on surface of custard, 15 to 18 minutes; the custard underneath will remain liquid. Chill ramekins in the refrigerator at least 4 hours.

To finish, heat the broiler. Sprinkle each ramekin with 1 tablespoon of the remaining sugar to form a thin layer. Broil as close as possible to the heat until sugar melts and caramelizes, 2 to 3 minutes. Do not overcook, or the custard will bubble through the sugar. Allow to cool. Serve within 2 to 3 hours, while the caramel remains crisp. Serves 6.

NOTE: For a more firmly textured custard, substitute an extra cup of cream for the cup of milk.

## **CREME BRULEE**

5 egg yolks  
1/2 c. sugar  
2 c. milk

2 drops lavender flavor  
1/4 c. raw sugar for garnish

Whisk egg yolks. Add sugar and whisk. Add milk. Ladle mixture into 4 ramekins in a water bath baked at 50 minutes at 350 degrees. Cool in refrigerator until ready to use. Sprinkle with raw sugar and caramelize with blowtorch or broiler. Garnish with mint.

## **CANOLLIS**

### **DOUGH:**

1/2 c. Marsala wine  
1 egg  
2 c. flour

1/2 tsp. salt  
1 tbsp. lard  
1 qt. oil for frying

Heat oil to 350 degrees. Make dough, roll out, and cut rounds. Place each round on a canolli form (or on a metal cylinder about 1 inch in diameter) and seal with beaten egg. Not touching the form (or cylinder) carefully lower into hot oil. When golden, lift up with pliers and remove form.

### **FILLING:**

2 lbs. ricotta  
1/4 c. powdered sugar  
3 to 4 tbsp. candied lemon peel  
3 to 4 tbsp. candied orange peel

4 tbsp. chopped semi sweet  
chocolate  
Few drops orange flower water

Mix above ingredients well and place in a pastry bag (with no tip) for filling shells. After canollis are filled, dip alternate ends in either:

6 tbsp. chopped unsalted  
pistachios

6 tbsp. chopped chocolate OR  
Maraschino cherry halves

Place in cupcake papers before dusting with confectioners' sugar.

## PEAR GALLETTE OR TART

1 c. plus 2 tbsp. sugar  
3/4 c. almond paste  
1/3 c. butter  
1 egg  
1 1/2 tsp. lemon juice  
1 tsp. vanilla  
1 to 2 tbsp. milk

Pinch salt  
2 tbsp. flour  
1 to 2 anjou or bosc pears,  
depending on size  
Apricot preserves  
Prepared Pate Brisee (flaky  
pastry dough)

### PATE BRISEE (RICH PASTRY DOUGH)

1 3/4 c. flour  
1 tbsp. sugar  
Pinch of salt

12 tbsp. very cold butter  
4 1/2 tbsp. ice water,  
approximately

Put the flour, sugar and salt into the container of a food processor. Start processing and add the butter, cut into small pieces.

Continue processing and add the water. Add only enough water so that the dough comes away from the sides of the container. Gather the dough into a ball and wrap in wax paper. Chill for 30 minutes. Yield: enough dough for one 12 inch tart shell.

Brush with flour if removing from refrigerator or freezer. "Walk" across dough with rolling pin to begin to make it malleable. Always roll up and down, not side to side. Don't roll over edge. Roll to thickness of 1/8 inch. Brush off all excess flour, fold into quarters and refrigerate.

### FRANGIPAN FILLING:

Cream almond paste with a little sugar. Add an egg white. When creamy add butter. Add rest of egg (yolk) and remainder of 1 cup sugar. Add lemon juice, vanilla and a small amount of milk to lighten the filling. Add a pinch of salt and 2 tablespoons flour. Wrap in saran wrap and refrigerate 30 minutes.

Fruit: Remove skin from the anjou or bosc pear. Move fruit through paring knife (as opposed to the opposite). Halve, remove core and very bottom. In order to "fan" the pears, cut very thin slices not all the way to the top. Sprinkle with sugar while you work so they don't brown.

Place dough on a tart pan carefully and use rolling pin to "trim" edges. Pierce dough with a fork all over and flour lightly. Spread frangipan with a metal spatula or icing knife onto dough. Fan pears out nicely and place in a round. Sprinkle with granulated sugar. Bake at 375 degrees for 50 minutes until puffed golden and pears are tender. Strained apricot preserves are boiled then cooled and brushed over top of tart.

## **FRESH FRUIT TART WITH CHERRY CREME ANGLAIS**

Short crust pastry dough to fill a 9 inch tart	8 oz. fresh strawberries, sliced into quarters
Heavy cream and powdered sugar for garnish	4 oz. grapes, seedless green
1 c. whole milk	4 oz. red grapes, seeded
1 vanilla pod	1 star fruit
3 egg yolks	3 kiwis
1/4 c. sugar	1/4 c. red currant berries
2 tbsp. flour	1 c. apricot jam
1 tbsp. Kirsch	1 tbsp. Kirsch

Heat apricot jam and Kirsch on low for glaze. Dust a cutting board with flour. Roll out dough flat on both side. Roll to 1/8 to 1/4 inch thickness. Run rolling pin to sever excess dough. Pierce bottom with a fork. Line with parchment and dried beans. Bake at 350 degrees for 10 minutes.

1 cup milk and vanilla pod are set on medium heat. Beat 3 egg yolks and 1/4 cup sugar until creamy. Add 2 tablespoons flour. Strain boiled milk into egg mixture. Set onto heat to thicken. Add 1 tablespoon Kirsch. Remove golden crust from oven. Fill with pastry cream. Line with strawberries and other fruits, artfully arranged. Apricot jam and Kirsch are brushed over top. Dust lip of plate with powdered sugar. Serves 4. Serve with a dollop of sweetened whipped cream.

*From "World Class Cuisine"*

## **QUICK APPLE TART**

Roll puff pastry (purchased frozen) thinly. Cut out rounds, pierce with a fork. Golden Delicious Apples are cored and peeled and sliced thinly.

Place in a circular overlapping fashion starting at outside. Bake 10 minutes at 400 degrees. Powdered sugar is sprinkled on top and the tart is baked another minute.

## **BANANA BLINI WITH STRAWBERRY SAUCE**

7 eggs  
1 c. plus 3 tbsp. sugar  
1 c. flour  
2 c. milk

3 bananas  
1/4 c. butter  
1 pt. strawberries  
1/4 c. heavy cream

Separate eggs. Whisk egg yolks with 3/4 cup sugar until light and fluffy. Incorporate flour in two stages. Add milk, whisking to ensure no lumps. Brush pastry molds with melted butter and dust with sugar. Ramekins can be substituted for molds. Peel and slice bananas on the diagonal into 1/4 inch slices. Saute in butter over medium heat turning just once.

Line mold with overlapping slices of banana. Beat egg whites to the soft peak stage. Fold half of egg whites with a spatula into the batter. Add the other half and incorporate. Pour over bananas in molds and bake at 425 degrees for 12 minutes or until golden and slightly puffed.

Make a puree by removing stems and cutting strawberries. Add 3 tablespoons sugar and puree. Make dots on the strawberry puree with the heavy cream. Place banana slices next to the strawberry puree. With a knife or toothpick or skewer, run through cream droplets to form hearts. Add a sprig of mint. Serves 8.

## **PINEAPPLE TART WITH COCONUT CREAM**

1/4 c. milk  
1 c. heavy cream  
3 tbsp. plus one cup sugar  
1/2 c. grated coconut  
4 egg yolks  
4 tbsp. butter, softened

Rind of one orange  
1 c. finely ground almonds  
1 tsp. ground cinnamon  
1 pineapple  
3 tbsp. slivered almonds

Pour cream and milk into a saucepan. Sprinkle 2 tablespoons of the sugar over the mixture, and then add the coconut. Bring to a simmer and reduce until thick. Cut the orange rind into thin slivers and place them in another saucepan. Add 1/2 cup sugar to the pan and add water just to cover rind slivers. Place over high heat and bring to a simmer. This is a called a confit.

Place egg yolks into a very large pot with 1/2 cup sugar. Whisk until the mixture starts to thicken. Add butter and whisk to blend. Add ground almonds and whisk to make a soft creamy dough. Pour cream mixture into a clean pan and shake pan with orange rind so they cook evenly. Brush butter onto a large cookie sheet covered with aluminum foil.

Remove bottom of pineapple and cut off 4 thick slices. Remove skin and remove cores. Place enough dough with a spoon onto the cookie sheet to be just covered by each of the 4 pineapple slices. Place pineapple on top, pressing it down. Sprinkle with the one tablespoons sugar and the cinnamon, mixed together first.

Place in a 350 degree oven for 10 to 15 minutes; until golden brown. When all the water has disappeared from the pan containing the orange rinds, add the slivered almonds, and stir to combine. Place tart on a serving plate and spoon, coconut sauce around 1/2 of the tart. Spoon the confit around the other half of the tart and drizzle some more of the coconut sauce on top of the confit. Drizzle some of the confit juice on top of the tart. Serves 4.

## RASPBERRY LAYER PUDDING

### PASTRY:

1 3/4 c. flour, approximately	1/4 c. sugar
2 tsp. baking powder	Pinch of salt
1/4 lb. sweet butter	2 eggs, lightly beaten
Water to mix, approximately 2 tbsp. if necessary	

### THE FILLING:

1 1/2 lbs. raspberries	1/2 c. brandy
1 c. sugar, or less, to taste	

### THE SAUCE:

1/4 c. framboise (raspberry liqueur)	1/2 lb. raspberries
---	---------------------

To make the pastry, sift the flour, baking powder, sugar and salt into a mixing bowl. With a pastry blender, mix the butter with the flour mixture until it resembles coarse meal. Add the beaten eggs and mix to make a fairly soft consistency. Add water if necessary.

Roll out thinly and cut to fit the bottom of a round, five inch pudding basin. Grease the basin well with butter and put the pastry in the bottom.

Cover with a layer of raspberries and sprinkle with sugar. Cover with a slightly larger round of pastry and another layer of raspberries, sprinkled with sugar. Continue in this way until all the raspberries are used up, ending with a layer of pastry. Sprinkle the top with sugar and cover securely with foil.

Steam the pudding for two and one half to three hours on top of the stove by placing a trivet inside a large pot and pouring in water almost to the level of the trivet. Place the pudding container on it and cover. Bring the water to a boil, then reduce to simmer. Occasionally check the water level and add more if it becomes too low. To test for doneness, gently press the top of the pudding with a finger; it should be resilient.

When cooked, remove the foil. Pierce the pudding several times with a long thin knife and pour the brandy over it, allowing time to absorb, about 10 minutes. Turn onto a serving dish and sprinkle the top with sugar.

To make the sauce, press the raspberries through a sieve to remove the seeds. Gently warm the framboise in a saucepan, remove from the heat, and add to the berries. Pour the sauce over the pudding and serve warm. Yield: 6 servings.

*Craig Claiborne and Pierre Franey  
NY Times*

## **PEAR TART**

Phyllo dough  
Butter  
Sugar

Vanilla Bean  
Pear  
Raspberry

Brush a sheet of refrigerated, not frozen phyllo dough with butter. Slice into 4 inch strips, turn each on other side and brush with butter. Crumple into a round and sprinkle with sugar into which a vanilla bean seed has been mixed. Place thin slice of pear and a raspberry. Then make another phyllo layer, etc. Bake at 450 degrees for 10 to 15 minutes.

*City Bakery, NYC*

## **LEMON MERINGUE TART**

Into baked pate brisee place:

### **LEMON CURD:**

Lemon juice and lemon zest  
Sugar

Butter  
Eggs

Heat together until thickened. Place meringue in a ring mold on top of lemon curd with a curl on top. Freeze 4 hours. Then blowtorch top.

*City Bakery, NYC*



## **TARTE AUX FRUITS**

### **(A FRUIT OR BERRY TART)**

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 baked tart shell (see recipe)    | 1/4 c. apricot, strawberry,   |
| 2 1/4 c. pastry cream (see recipe) | raspberry or other preserves, |
| 2 to 3 pints fresh raspberries,    | optional                      |
| strawberries or blueberries,       | 2 tbsp. water, optional       |
| or use 2 to 3 cups of fresh        |                               |
| fruit, peeled and stoned as        |                               |
| necessary (use enough              |                               |
| berries or fruit to completely     |                               |
| cover the pastry cream)            |                               |

Bake the tart shell and let it cool. If a removable-bottom pan was used, remove the shell from the rim in which it was baked. Fill the tart shell with pastry cream and smooth over the top.

Garnish the top of the pastry cream, placing berries or cut fruit as close as possible to completely cover the cream. The tart may be served as is or it may be glazed.

If you desire to glaze the berries or fruit, combine the preserves with the water in a small saucepan. Bring to a boil, stirring. It is best to use apricot preserves as a glaze for clear fruit such as peaches; berry preserves for strawberries or raspberries. Put the mixture through a sieve to remove the seeds. Dip a pastry brush into the glaze and brush the tops of the berries or fruits with it. Yield: 6 to 8 servings.

### **BAKED TART SHELL:**

- |                           |                           |
|---------------------------|---------------------------|
| 2 c. flour                | 12 tbsp. very cold butter |
| 1/4 tsp. salt, if desired | 2 egg yolks               |
| 2 tbsp. sugar             | 2 to 4 tbsp. ice water    |

Place the flour, salt and sugar in the container of a food processor. Cut the butter into small pieces and add it. Add the yolks. Blend briefly and gradually add the water. Add only enough water until the dough pulls away from the sides of the container.

If a food processor is not used, put the flour, salt and sugar in a mixing bowl. Cut the butter into small pieces and add it. Using the fingers or a pastry blender, cut in the butter until the mixture has the texture of coarse cornmeal. Beat the yolks and two tablespoons of water together and add, stirring quickly with a fork. Add more water if necessary to make a dough that will hold together and can be shaped into a ball.

Gather the dough into a ball, wrap in wax paper and chill for one hour. This dough may also be frozen for later use. Meanwhile, preheat

the oven to 400 degrees.

Roll out the dough and use it to line a 10 inch pie or tart shell, preferably with a removable bottom. Line the dough with wax paper and add enough dried peas, beans or specially made aluminum pellets to prevent the shell from buckling. Place a baking sheet in the oven. Place the pastry shell on the baking sheet and bake 20 minutes. Remove and discard the dried peas, beans or pellets and wax paper. Reduce the oven heat to 375 degrees.

Continue baking 15 minutes or until the tart shell is golden brown on the bottom. Remove and let cool. Yield: One baked, 10 inch tart shell.

### **CREME PATISSIERE (PASTRY CREAM):**

**1 1/2 c. milk**  
**1/2 c. heavy cream**  
**4 egg yolks**

**1/2 c. sugar**  
**3 tbsp. cornstarch**  
**1 tsp. vanilla extract**

Blend one cup of the milk and the cream in a saucepan and bring to the boil. As the mixture is heated, put the egg yolks and sugar into a mixing bowl and beat until pale yellow. Add the cornstarch to the yolk mixture and beat well. Add the remaining one half cup of milk and beat until blended.

When the milk and cream mixture is at the boil, remove from the heat. Add the yolk mixture, beating rapidly with a wire whisk. Return to the heat and bring to the boil, stirring constantly with the whisk. When thickened and at the boil, remove from the heat. Add the vanilla and let cool, stirring occasionally. Yield: about two and one quarter cups.

### **RASPBERRY RICOTTA TART**

**2 c. fresh Ricotta cheese**  
**Zest 1 orange**  
**3 eggs**  
**1/2 c. sugar**  
**2 pts. fresh raspberries**  
**1 1/2 c. flour**

**1/2 c. powdered sugar**  
**1 egg**  
**3/4 c. unsalted butter**  
**1/2 tsp. almond extract**  
**1/2 c. toasted slivered almonds**

Process first four ingredients above and place in a springform pan (preferably nonstick or grease lightly). Place raspberries (blueberries can be substituted) on top. Now, in processor place flour, powdered sugar, egg, almond extract, toasted slivered almonds (use metal blade on processor.) Drop softened butter in small pieces. Add this crumbly dough on top of the raspberries as a topping. Fill in any spaces. Bake at 350 degrees for 35 to 40 minutes or until a knife inserted comes out clean.

## ITALIAN PEAR TART

6 firm pears  
7 oz. flour  
3 oz. sugar

3 1/2 oz. unsalted butter  
1 egg  
1 lemon peel

Mix flour, sugar, unsalted butter, egg and lemon peel together to make dough. Refrigerate for 1 hour.

2 egg yolks  
4 oz. sugar

2 tbsp. cornstarch

Mix over heat.

Vanilla

1 c. heavy cream or yogurt

Roll out dough and place in a pan with 1 1/2 inches height. Sculpt edges of crust. Bake at 350 degrees for 15 minutes. Peel and poach pears in white wine, sugar and lemon zest. Cool, slice and core. Arrange pears. Make Creme patissiere (recipe on prior page) and pour on top. Bake at 350 degrees another 40 minutes.

## **CHOCOLATE ICE CREAM WITH WHISKEY SOAKED RAISINS**

Soak:

2 cups raisins  
1/2 cup Jack Daniels  
8 oz. semi sweet chocolate

2 oz. unsweetened chocolate  
1/2 c. heavy cream

Heat to a boil:

1 1/2 c. heavy cream

1 c. half and half

Whisk until smooth and light and lemon colored:

8 egg yolks

1/4 c. sugar

When cream boils, put into beaten egg yolks and place back in pot, bring back to simmering point, stirring all the time. Place back in bowl. Add chocolate to egg mixture and mix well with a whisk. Cool down in an ice water bath. Add raisins. Place in ice cream maker for 18 to 20 minutes. Place in 2 cake pans lined with plastic wrap. Freeze until solid (at least 12 hours.)

## **CHOCOLATE CUPS**

Get Big Splash balloons. Melt 1 1/2 lbs. chopped semisweet chocolate in a glass bowl over a saucepan to about 120 degrees. Remove and cool chocolate to about 90 degrees. Place on a heating pad to keep temperature constant. Set on high. Take a blown up balloon and place in the bowl of chocolate and rock back and forth (forms petals like a lotus bowl). Place on waxed paper on a baking sheet in refrigerator until hardened. Pop balloons and remove pieces. Use as edible bowls for ice cream, mousse. Decorate plate with cocoa, and pureed raspberries.

*Ellen Weintraub*

## BROWNIE ICE CREAM SANDWICH

### TOPPING:

1/3 c. quick or old fashioned  
oats, uncooked  
3 tbsp. all purpose flour  
2 tbsp. firmly packed brown  
sugar

1/3 c. peanut butter  
1 tbsp. butter or margarine

### BROWNIE LAYERS:

1 c. (6 oz.) semisweet chocolate  
pieces  
1/2 c. (1 stick) margarine or  
butter  
3/4 c. granulated sugar  
1 tsp. vanilla

2 eggs  
1 c. all purpose flour  
3/4 c. quick or old fashioned  
oats, uncooked  
1/2 tsp. baking powder  
1/4 tsp. salt

### FILLING:

1 qt. vanilla ice cream

Heat oven to 350 degrees. Line two 8 or 9 inch round cake pans with foil, allowing foil to extend over sides of pans. Spray with vegetable cooking spray or grease lightly.

For topping: Combine oats, flour and brown sugar. Add peanut butter and margarine and "cut in" with two knives or pastry blender until mixture is crumbly. Set aside.

For brownie layers: In medium saucepan over low heat, melt chocolate and margarine, stirring frequently. Remove from heat; cool slightly. Stir in sugar and vanilla. Add eggs. Mix well. Combine flour, oats, baking powder and salt, then stir into chocolate mixture. Divide evenly between prepared pans; sprinkle each pan with half the topping, patting gently. Bake 22 to 24 minutes for 8 inch pan (20 to 22 minutes for 9 inch pan) or until center of brownie is set. Cool completely in pans on wire rack.

Soften ice cream in refrigerator, about 15 to 20 minutes. To assemble, spread ice cream evenly over one brownie layer while still in pan. Lift second layer out of pan; remove foil. With topping side up, place second layer on top of ice cream, pressing gently. Cover with foil; freeze several hours or overnight. Remove from freezer 10 to 15 minutes before

serving. Lift from pan using foil edges. Remove foil; cut into wedges. Makes 12 servings.

## CHOCOLATE ROLL

1 tsp. vegetable oil for greasing  
pan and wax paper

7 eggs

1 c. sugar

8 oz. dark sweet chocolate

7 tbsp. liquid coffee

Pinch salt

1/4 c. unsweetened cocoa

2 c. heavy cream

2 tbsp. dark rum

Lightly oil a jelly roll pan, line it with wax paper. Lightly oil the top of the wax paper. Separate the eggs, placing the yolks in a small mixing bowl and the whites in a large one. Add the sugar to the yolks and beat them until they are light and fluffy. Preheat the oven to 350 degrees. Heat the chocolate and coffee over a very low heat, stirring until the chocolate is thoroughly melted. Cool slightly.

Beat the egg whites with the salt until they are stiff but not dry. Combine the chocolate mixture with the egg yolks, then fold in the whites. Pour the mixture into the prepared pan and bake for 15 to 20 minutes in a gas oven, or 12 minutes in an electric oven, or until the edges start to peel away slightly from the sides of the pan. Remove the cake from the oven and let cool for 5 minutes. Then cover it with a slightly damp cloth and allow it to cool completely at room temperature.

Place the cooled cake in the refrigerator for one hour, then remove the cloth carefully and sprinkle the top with the unsweetened cocoa.

Whip the heavy cream with the dark rum until stiff. Turn the cake out onto fresh wax paper. Remove the wax paper used during the baking process and spread the cream evenly over the cake. Very carefully, roll the cake up like a jelly roll, starting at the long side. Use the wax paper to help in the rolling and roll directly onto a serving platter. As it is rolled, the cake will crack and assume the texture of tree bark.

Yield: 6 to 8 servings. NOTE: For a party of 12, make two cakes. Do not double the recipe. The chocolate roll may be prepared a day ahead. To carry it to the party, make a tent of foil around the platters.

## GINGERED SHERBET AND ICE CREAM

1 pt. orange sherbet  
1 pt. vanilla ice cream

1/2 c. crystallized ginger finely  
chopped

Slightly soften sherbet and ice cream. Combine. Stir in ginger. Freeze one large container or individual ones until firm, about 2 hours. Simple and simply delicious, especially with a drizzle of Grand Marnier.

*Janet Bergmann '98*

## SWEET VANILLA POLENTA

4 c. skim milk  
Pinch of salt  
1 vanilla bean, split lengthwise  
or 1 tsp. pure vanilla extract  
1 c. finely ground cornmeal

1/2 c. sugar  
1/2 c. Mascarpone cheese or  
strawberry or apricot  
preserves (optional)

Combine the milk, salt, and vanilla bean halves in a large, heavy saucepan. Bring to a boil over high heat, then reduce to a simmer. Slowly add the cornmeal, stirring constantly, and cook, continuing to stir, for 5 to 7 minutes. Remove the pan from the heat, stir in the sugar and vanilla extract and allow the polenta to sit, covered for 5 minutes. Remove the vanilla bean halves if necessary. Divide the polenta among 6 to 8 dessert dishes. If desired, spoon Mascarpone cheese or preserves in the center of each serving. Makes 6 to 8 servings.

## ROCKY ROAD SEMIFREDDO

Add 6 sweetened egg yolks to 6 beaten whites. Fold carefully into 1 pint of whipped cream. Add crunched up amaretti (1/2 cup), and Torrone candy (1 cup chopped). Fold all together and freeze overnight.

### SAUCE:

Milk beaten with sugar and egg yolk heated over double boiler with whole shelled pistachios. (Then strain out pistachios.) Cool sauce. Garnish top with chopped pistachios.

## **NOUGAT SEMIFREDDO**

8 eggs, separated  
1  $\frac{1}{3}$  c. sugar  
1  $\frac{1}{2}$  c. water

2 c. whipped cream, chilled  
1 lb. shelled hazelnuts, chopped  
roughly

In a saucepan, beat together the egg yolks,  $\frac{2}{3}$  cup of the sugar and water. Heat over a low flame, stirring constantly until an instant read thermometer reads 160 degrees. Do not allow the eggs to curdle. Set aside.

In a food mixer, whip the cream until it holds soft peaks, add  $\frac{1}{4}$  cup sugar and continue to whip until the cream holds firm peaks. Reserve.

In the mixer, whip the egg whites until they hold soft peaks, add  $\frac{1}{4}$  cup sugar and continue to whip until it holds firm peaks. Reserve.

In a big bowl, mix the custard with the nuts, then fold in the whipped cream, then the egg whites. Place in the freezer overnight. Take out 30 minutes before serving. Yield: 16 servings.

## **WHITE CHOCOLATE ICE CREAM**

12 oz. white chocolate, broken  
into 1  $\frac{1}{2}$  oz. pieces

1  $\frac{1}{2}$  c. milk

Melt slowly in a double boiler.

3 c. milk

1  $\frac{1}{2}$  c. sugar

Boil in another pot.

3 eggs

1  $\frac{1}{2}$  c. granulated sugar

Whisk until fully incorporated and sugar is dissolved. Pour boiling milk over eggs and sugar and stir. Pour back in pot. DO NOT BOIL (bring to 185 degrees). Pour back into bowl. Add white chocolate mixture. Cool down in an ice water bath. Place in ice cream maker. Crank 3 to 4 minutes go away. Crank again, total 15 to 30 minutes until ice cream forms.



## **SPUMONI**

- |  |                             |
|--|-----------------------------|
| 1 qt. ice cream plus 1 1/2 pts.<br>contrasting color ice cream | 2 tbsp. pistachios, chopped |
| 1 pt. heavy whipped cream                                      | 1 tbsp. candied orange peel |
| 2 tbsp. nuts (hazelnuts), chopped                              | Chopped cherries            |

Make a hole in bottom of plastic mold. Place mold in an ice filled larger one. Slice ice cream to line bottom and sides of mold or bowl (a charlotte mold works well). Freeze until firm until we're ready to add next layer. Repeat with another flavor and freeze solid again. Place nuts and fruits into whipped cream and make inner layers. Freeze. Powdered sugar and lemon peel can be added to last cream layer. Place in a cool water bath to help loosen for unmolding. Serve with cookies.

## **BRENNAN'S BANANAS FOSTER**

- |  |                            |
|--|----------------------------|
| 4 tbsp. butter   | 1/4 c. rum                 |
| 1 c. packed brown sugar  | 4 scoops vanilla ice cream |
| 1/2 tsp. cinnamon  |                            |
| 4 tbsp. banana liqueur   |                            |
| 4 med. size firm bananas, halved<br>lengthwise and then<br>crosswise |                            |

In a flambe pan or skillet, melt the butter over medium heat. Add the brown sugar, cinnamon and banana liqueur and stir to mix. Bring to a boil and simmer 2 minutes. Carefully slide the bananas in the sauce and cook, stirring occasionally, until the bananas are soft, about 4 minutes. Remove from heat. Add the rum and allow a few seconds for it to heat slightly, then carefully ignite. Serve over ice cream. Makes 4 servings.

## **ALMOND TUILES WITH SABAYON SAUCE AND BERRIES**

**5 egg yolks  
2/3 c. sugar  
1/2 c. all purpose flour**

**3/4 c. coarsely chopped almonds  
1/2 c. sliced toasted almonds  
7 egg whites**

Preheat oven to 400 degrees. Coat a large cookie sheet with non stick spray. Melt butter in a medium saucepan over medium high heat. Remove from fire and set aside to cool to room temperature. In a medium bowl beat the egg yolks, add the sugar, flour and all of the almonds. Stir until combined. In a separate bowl, lightly froth the egg whites and add to the almond and yolk mixture. Pour the melted butter into this mixture and stir to blend.

Using a fork or spoon ladle a small amount of batter onto the cookie sheet in a thin layer. A good size for each cookie is approximately 4 to 6 inches in diameter. Leave at least 2 inches between each cookie and bake about 5 minutes or until golden brown. Remove immediately from the oven and from the cookie sheet with a metal spatula. While still hot, nest each cookie into a small bowl and gently put to the bottom while shaping the sides to resemble a tulip. Remember to work quickly or the cookie will be too hard to shape. If this happens just return the cookie sheet to the oven for a few seconds until the tuiles soften again.

### **ZABAGLIONE SAUCE:**

**7 egg yolks  
1/2 c. sugar  
1/3 c. sweet Marsala  
1 1/2 pts. each fresh  
strawberries, blueberries,  
black berries and raspberries**

**Fresh mint for garnish**

While cookies are cooling pour the egg yolks, sugar and Marsala into a medium stainless steel bowl and place on top of a similar size steaming pot of water. Whisk the mixture quickly as the sabayon will begin to absorb air rapidly. Continue whisking for approximately 4 minutes until the sauce is very aerated and thick. (Make sure to remove the bowl from the heat if the egg mixture gets too hot, or the eggs will scramble.)

Continue to whisk until slightly cooled and then return to the stove to continue the cooking process. to serve place one basket on each plate and fill 3/4 of the way full with the combination of the berries. Spoon the sabayon sauce over the berries and serve immediately. Garnish with mint. Serves 6.

## CHOCOLATE CUPS WITH WHITE CHOCOLATE MOUSSE

**MOUSSE:**

**12 oz. Tobler Narcisse chocolate  
or other sweet white  
chocolate**

**1/2 c. unsalted butter, melted**  
**5 eggs at room temperature,**  
**separated**

CUPS:

16 oz. bittersweet chocolate

**80 foil candy cups**

To make the mousse, grate the white chocolate, place it in the top of a double boiler and melt over simmering water, taking care that the top of the double boiler does not touch the water.

Combine the melted chocolate and the butter in a mixing bowl. Cool the mixture to room temperature. Add the egg yolks, one at a time, and mix until well blended. If the mixture is not smooth and ribbonny, add one tablespoon of hot water to reach the right consistency.

Beat the whites separately, with a pinch of salt, until they are stiff. Fold the whites into the chocolate mixture. Chill overnight.

To make the cups, break the bittersweet chocolate into pieces and place in the top of a double boiler and melt over simmering water taking care that the top of the double boiler not touch the water. Then, with a small brush, coat the inside surface of the foil candy cups. Refrigerate until the chocolate has hardened. Brush two more times and refrigerate between each brushing.

Refrigerate the chocolate-brushed cups until ready to use. To assemble, gently peel the foil cups from the chocolate shells. Fill a pastry bag with the white chocolate mousse and pipe it into the cups.

**Yield:** 80 chocolate cups. **NOTE:** The chocolate cups can be made up to a week in advance and kept refrigerated in an airtight container. The white chocolate mousse can be made a day in advance. Assemble the dessert just prior to serving.

## WARM PEACH SOUP

Poach 6 peaches in a simple syrup (2 cup water and 1/4 cup sugar) with ginger (fresh, quartered), and a cinnamon stick. Boil covered for 20 minutes. Discard ginger and cinnamon. Puree peaches and 2/3 of liquid. Serve with sorbet on a bed of diced watermelon and cantaloupe.

## **FRUIT CHIPS**

Slice bananas razor thinly, also Granny Smith apples, and strawberries. Lay out on a non stick baking pan. Bake chips 250 degrees for 20 to 30 minutes. Use same day with ice cream or sorbets.

## **BAKED APPLES STUFFED WITH ALMOND BUTTER**

5 apples  
3/4 c. ground almonds  
5 tbsp. sweet butter  
1 c. sugar

1 egg  
1 1/2 vanilla beans  
1/4 c. rum

Core apples. Combine half of butter with sugar, almonds and egg. Add half of rum and blend well. Fill 4 hollow apples. Rub apples with remaining butter. Split vanilla bean and place in baking dish. Bake in 325 degree oven for 1 1/2 hours. Puree remaining apple and place in a mixing bowl. Strain and add cooking juices and add remaining rum. Split remaining vanilla bean pieces for garnish (like an apple stem). Serves 4.

## POACHED APPLES WITH ALMONDS AND RAISINS

2 eggs  
4 Golden apples, cored  
1 c. plus 6 tbsp. sugar  
1 c. heavy cream  
1/2 plus 5 tbsp. butter  
1 sprig mint leaves

1 vanilla bean  
2 c. almonds, ground  
2 c. Golden Raisins  
1/2 c. flour  
1 3/4 c. champagne

Cut off bottom of apples and discard. Cut off tops and reserve. Place 1 tablespoon butter in a saucepan and place apples in pan. Place 1 teaspoon butter in each apple and 1/2 teaspoon sugar. Bake at 350 degrees for 25 minutes.

Put 1/2 cup butter and 1 cup sugar into mixing bowl and mix together. Add 2 eggs, almonds and flour, then refrigerate.

Plump raisins in champagne. Apples are filled with 2 tablespoons almond mixture. Place diced apple tops over high heat; add 1/2 cup champagne, then another 1/4 cup champagne, vanilla bean is scraped and mixed with 1 cup heavy cream and 2 tablespoons sugar and all are added.

Arrange plumped raisins and diced apples on a plate, place stuffed apple on top and fill with a dollop of raisins. Garnish with mint.

# **RICOTTA FILLED CREPES WITH CARAMEL SAUCE**

## **CREPE BATTER:**

9 oz. unbleached flour  
2 oz. sugar

Pinch salt  
4 eggs

Whisk together. Gradually add:

2 c. milk

2 oz. melted butter

Allow to rest 1 hour in refrigerator.

Boil:

2 c. milk

Heat in a separate pan:

1 c. sugar  
1 c. water

1 tsp. lemon

Mix:

9 oz. sugar

8 egg yolks

Add milk to egg yolk mixture. Pour mixture back over heat in a saucepan. As sugar caramelizes, custard should coat back of a spoon. Developing caramel will be incorporated with creme anglais which is placed over an ice bath so it stops cooking.

## **FILLING:**

One pound Ricotta and 6 oz. goat cheese are processed with 4 tablespoons powdered sugar. Add shaved chocolate, orange zest and cinnamon. Refrigerate 2 to 24 hours. Cook crepes in melted butter. Ricotta filling is piped into the crepe. Fold twice. Caramel creme anglais coats serving dish. Garnish with powdered sugar and mint.

## WALNUT CREME CHEESE CREPES

### BATTER:

3/4 c. milk  
2 tbsp. butter  
Pinch salt  
1/4 c. sugar

3 eggs, beaten with 1/2 c. flour  
Armagree, anisette, lemon zest,  
orange flower water

Cream together:

8 oz. softened cream cheese  
1/3 c. toasted walnuts

Lemon zest  
2 tbsp. honey

### SAUCE:

Lavender honey

1/3 c. fresh orange juice

Reduce heat. Coat 7 to 8 inches crepe pan with melted butter ladle 2 tablespoons crepe batter, coat pan, cook at medium heat. Spread walnut cream filling on crepe, fold, then warm up in the sauce.

*Susan Spicer  
Bayonne*

## PIZZELLE WITH BERRY MOUSSE

### BATTER:

4 eggs	3/4 c. pastry flour
3/4 c. sugar	2 tsp. star anise flower powder
2 tbsp. lemon zest	(found in Oriental specialty shops)
1 tsp. vanilla	3/4 c. corn oil (folded in at end)
Pinch salt	
3/4 c. unbleached flour	

Use a round waffle iron that has been oiled and heated. Place in a bowl immediately to shape while still pliable. Can be filled with chocolate mousse, berry mousse or even ice cream. Rinse berries and puree in processor. Add 1 lemons juice, sugar to taste; strain so seeds stay behind using a rubber spatula. Add to sweetened whipped cream that has vanilla added. Fold in carefully. Refrigerate. Save some fruit puree as a base sauce on the plate. Place pizzella up on top. Scoop mousse on top. Drizzle with puree and top with whipped cream, a few whole berries. Garnish with fresh mint leaves and a whole star anise.



## **FLAMED BANANAS WITH CARAMEL COOKIES**

**3/4 lb. butter**  
**1 lb. sugar**

**4 oz. honey**  
**2 oz. water**

Heat in a saucepan.

Add:

**1 tsp. cinnamon**

Bring to a boil. Stir about 5 minutes.

Add:

**6 oz. flour**

Stir with wire whip. Cool 20 minutes. Spread onto parchment paper lined cookie sheets. Bake at 375 degrees for 10 minutes.

Slice 2 bananas and saute in 1 tablespoon butter. Sprinkle with cinnamon, brown sugar. Add rum off the fire then flame. Add slivered almonds and cook at lower heat. Serve with ice cream. Garnish with raspberry sauce and chocolate sauce from squeeze bottles.

*Jasper's Restaurant in Boston*

## **CHOCOLATE COOKIES WITH PISTACHIO CREAM**

Preheat oven to 375 degrees.

**4 oz. white sugar**  
**4 oz. brown sugar**

**1/2 c. cocoa**  
**4 tbsp. butter**

Beat vigorously 1 1/2 minutes before adding.

**1 c. flour**  
**1/2 c. orange juice**

**3 tsp. dark rum**

Drop with 2 spoons onto a floured sheet pan. Spread with a spatula until flat. Bake 10 minutes at 375 degrees. Cool on a metal surface and cut with a round cookie cutter.

Whip:

**1 pint whipping cream**  
**1/2 cup sugar**

**1/4 lb. pistachio paste**  
**(purchased commercially)**

Place pistachio cream into a pastry bag and refrigerate until presentation. Layer of chocolate ganache lines the serving plate. Then layer cookies and piped pistachio cream stars.

## **PRALINE CUPS WITH BERRIES AND AMARETTO CREAM**

8 oz. brown sugar  
1/2 lb. unsalted butter  
1 c. corn syrup  
1 1/2 c. sifted flour  
1 pt. sour cream  
5 oz. brown sugar (heaping 1/2  
cup)

3/4 c. Amaretto liquer  
2 oz. semi sweet chocolate,  
melted  
Optional: raspberry puree and  
mint for garnish

The night before: Bring 8 oz. brown sugar, butter and corn syrup slowly just to the boiling point, until bubbles encircle the pot, at least 5 minutes.

As it begins to boil around the edges, remove from fire and pour into sifted flour in a metal bowl and stir to incorporate. (Be careful not to splash, this will BURN big time!!) Refrigerate dough overnight.

Next day, roll hardened portions into a ball. Place only two per baking sheet lined with parchment paper. Bake in 350 degree preheated oven for 6 to 7 minutes, watched carefully. While baking mix together sour cream and 5 oz. brown sugar. After incorporated, pour 3/4 cup Amaretto straight in. As soon as cookies are a little brown around edges and golden in the middle, place on a cool surface and turn over parchment paper, lift off parchment. Place them very fast onto forms (little brioches or teacups work great). Paint insides with melted chocolate to keep crisp. Place mixed fresh berries into cooled shells.

Place amaretto sour cream in a squeeze bottle (like you get from the beauty supply store) and make concentric circles. Or if you don't have a squeeze bottle, just ladle some of the sour cream onto each serving plate before placing on the praline cups and swirl around to distribute evenly. Tap bottom of plate.

Place dots of raspberry puree (or melted chocolate if you don't have raspberry puree) along one side of plate and make hearts with a toothpick. Decorate with amaretto cream and garnish with a sprig of mint.

*"Great Chefs - The New Garde"*

## **HAZELNUT WAFERS WITH CHEESECAKE STARS AND FRESH BLUEBERRIES**

### **MAKE CHEESECAKE:**

1/2 lb. cream cheese  
1/2 lb. mascarpone

1 c. sugar

Cream together. Add:

2 eggs  
Grated lemon rind

1 tsp. vanilla

Place in a greased pan and bake at 350 degrees for 35 to 40 minutes.

### **MAKE HAZELNUT WAFERS:**

1 c. sugar

3 c. roasted hazelnuts

Process to a fine powder. Drizzle in 1/4 to 1/2 cup water to form a medium stiff paste. Chill for one hour.

Moisten a spoon, take 2 teaspoons paste for each wafer and place, widely spaced, on a baking sheet lined with parchment paper at 375 degrees until brown.

Assembly: Take one pint blueberries and place in a simple sugar syrup. Place in a sieve. Place a little of syrup over berries. Place a wafer on plate. Pipe cheese mixture with a pastry bag in stars around edges with spaces in between.

Spoon blueberries in center. Place another wafer on top, pipe cheesecake stars and place berries in center again. Dust with powdered sugar and garnish with a few blueberries and a sprig of mint.

## REGAL RHUBARB

2 lbs. rhubarb, washed and cut  
into small pieces  
1 tbsp. lime juice  
1/3 c. sugar  
1/2 c. sweet white wine

1 c. water or orange juice  
1/4 tsp. cinnamon  
Yogurt and mint sprigs for  
decoration

Combine rhubarb, lime juice, sugar, wine and other liquid in heavy saucepan. Stir in cinnamon and bring to simmer. Cook until rhubarb falls apart. Chill in refrigerator. Serve with a dollop of rhubarb on each portion, decorated with a mint sprig. Serves 6.

*Annabelle Prager '43*

## APPLE TART TATIN

### FILLING:

4 lg. Granny Smith or other  
firm, tart apples (about 1  
1/2 lbs. in all)

1/3 c. sweet butter, softened at  
room temperature  
3/4 lb. granulated sugar

Peel, core and cut apples into small pieces. Do not chop them. Spread half of the butter on the bottom and sides of a heavy baking or frying pan that is about 10 inches in diameter and two inches deep. The bottom requires a thicker coating of butter than the sides.

Sprinkle one quarter pound of sugar on the buttered pan bottom. Melt remaining butter. Lay one third of the apples in pan, drizzle a little butter over them and sprinkle with one third of the remaining sugar. Repeat twice, alternating layers of apples, butter and sugar. Press down firmly in pan.

### CRUST:

1/2 lb. cold sweet butter  
1 1/3 c. flour  
1 tbsp. sugar  
1/2 tsp. salt

4 to 5 tbsp. ice water, as needed  
1 c. vanilla flavored whipped  
cream as garnish

Preheat oven to 350 degrees. Cut butter into small bits. Sift flour with sugar and salt. Cut or rub butter into flour with pastry blender or fingertips until it makes a fine meal. Sprinkle with ice water, using only as much as is needed to enable you to form a ball.

Place on a well floured board. Pat (do not roll) ball of dough into a circle that is about 11 inches in diameter. It should be just a little larger than the pan. Turn dough over several times as you shape it so that it will not stick to the board.

Lay dough over apples, folding edges of dough in around the apples. Press firmly but gently, so dough is securely in place. Cut a few small holes in the dough with a sharp pointed knife. Bake for 2 1/2 hours.

Invert pan over a large, flat, round serving plate. Let tart cool. It will taste best 45 minutes after it has come out of the oven, but it can be made several hours before serving time. Serve with whipped cream as garnish. Yield: 8 servings.

## BEGGAR'S PURSE

### CREPES:

2 eggs  
3/4 c. flour  
4 tbsp. butter  
1 c. milk

Pinch salt  
3 Golden Delicious apples  
1/2 to 1 c. powdered sugar  
2 tbsp. calvados

### PASTRY CREAM:

1 1/2 c. milk  
7 tbsp. sugar  
Small piece butter

3 egg yolks  
1/4 c. flour  
1 tsp. vanilla

Skin one of the apples. Cut into pieces around the core, and then make thin slices. Melt butter in a skillet and add apples butter and calvados.

Beat eggs, add milk, and beat in flour. Whisk until well blended. Pour into a well greased pan, medium high flame. Flip when lightly browned.

Spread crepes with pastry cream then cover with cooked apples. Gather crepe up and tie like a purse with either a vanilla bean or ribbon. Pour melted dark chocolate onto the plate and make droplets of sweetened sour cream around the edge, then use a toothpick to make hearts. Place purse in center of plate and sprinkle with powdered sugar.

## **RASPBERRY GRATINEE**

6 egg yolks  
1/2 c. Vermont maple syrup

1/2 oz. cornstarch, about 2  
tablespoons

Whisk well.

2 c. heavy cream

Boil. Then combine cream and egg mixture slowly off heat. Temper yolks with a little cream first, then all is combined. Return to heat to a light boil. 2 teaspoons unflavored gelatin, softened in water is added. Then cool down but don't let it set. Reduced but then cooled maple syrup is added to beaten egg whites.

Fold in the 2 mixtures with a spatula. Place in a ring mold on an ovenproof serving plate. A layer of raspberries are studded into the gratin. Chill until ready to serve. It is placed in the broiler just before serving to brown the top.

### **SAUCE:**

1 c. heavy cream

2 oz. maple syrup

Bring to a boil and then cool down and remove ring with a knife. Mint leaves with a raspberry on each leaf. Garnish the dessert, with the sauce. Serve warm.

## **SIMPLE RASPBERRY GRATINEE**

Fresh raspberries  
Sour cream (low fat or yogurt  
may be substituted)

Fresh figs  
Brown sugar

Place fresh raspberries in a baking dish. Drizzle thinned sour cream just to cover fruit. Top with sliced (crosswise) figs. Sprinkle with brown sugar and broil until bubbly.



## **STRAWBERRY GRATINEE WITH WARM ORANGE BUTTER**

1 qt. strawberries  
2 1/4 c. sugar  
3 tbsp. butter  
1 c. orange juice  
1 gelatin leaf (or 2 tsp.)

1 c. lemon juice  
1/2 c. creme fraiche  
4 eggs, separated  
1/3 c. water

Remove stems of strawberries and slice. Place lemon juice in saucepan and add creme fraiche. Beat egg yolks with 1/2 cup sugar. Beat egg whites with a pinch of salt until stiff and set aside.

Blend lemon cream into egg yolks; and whisk egg yolk mixture until thick, being careful not to let it get so hot that eggs scramble.

Combine 1 1/2 cups sugar with water over heat to make a syrup. Heat orange juice in a saucepan. Add softened gelatin to egg yolks and whisk.

Add another 1/4 cup sugar to orange juice, add sugar syrup to egg whites and fold in. The orange juice should be boiling and be reduced at this point. The meringue is whisked into the egg yolks and it is folded in.

Sliced strawberries are placed into 6 ring molds. Ladle in meringue and refrigerate several hours.

Whisk butter into reduced orange juice. When ready to serve, unmold onto ovenproof plates. Sprinkle confectioners' sugar on top and broil or blowtorch the tops until browned. Serve with orange butter. Serves 6.

## **PEACH COBBLER**

3/4 c. flour  
1 c. sugar  
2 tsp. baking powder  
Dash of salt  
1/2 c. milk

6 tbsp. butter (3/4 stick)  
2 c. sliced peaches (canned or  
sweetened frozen)  
Cinnamon and sugar

Combine flour, sugar, baking powder, salt and milk into smooth batter. Melt butter in deep casserole. Pour batter into center of butter. Do not stir. Add peaches. Do not stir. Sprinkle top with cinnamon and sugar. Bake 1 hour in preheated, 350 degree oven. Serves 6.

*Belle Weintraub*

*Mother of Ellen Weintraub '71*

## APPLE CLAFOUTIS

2 tbsp. unsalted butter	2/3 c. all purpose flour
3 red or golden delicious apples, peeled, cored, and cut into 1/2 inch wedges	4 lg. eggs 1 c. milk 2 tbsp. Cavados or applejack
3/4 c. sugar	Confectioners' sugar
1/4 tsp. ground cinnamon	

Heat the butter in an 8 inch skillet. Add the apples and toss to coat. Add half the sugar and the cinnamon and cook for about 2 minutes to soften the apples. This may be done ahead.

An hour before serving, heat the oven to 400 degrees F. Put the remaining sugar, the flour, eggs, milk and Calvados in a blender and process until smooth. With a slotted spoon, remove the apples from the skillet to a 1 1/2 inch deep, 10 inch round ceramic quiche pan or pie plate. Add the apple liquid to the batter and process just to mix. Pour batter over the apples in pan and place on a baking sheet. Bake for 40 to 45 minutes or until browned, puffed and set. If a knife stuck into the center comes out clean, it is done.

Dust confectioners' sugar on top. Serve immediately for the best effect, although it tastes fine at room temperature. Serves 8.

## APPLE CRISP

This is a very forgiving recipe. You can even omit the butter and mix the rum and raisins and apples in a skillet and cook them all together.

1/4 c. firmly packed raisins  
1/4 c. dark rum  
1/4 lb. chilled, unsalted butter,  
cut in 8 pieces  
1 c. packed dark brown sugar  
3/4 tsp. cinnamon  
1/4 tsp. cinnamon  
1/4 tsp. ground nutmeg

1 c. unbleached all purpose flour  
4 tbsp. softened unsalted butter  
2 lbs. tart green apples  
(preferably Granny Smith)  
2 tbsp. lemon juice  
1/4 c. sugar  
1 tbsp. vanilla extract

Put raisins in a container and add the rum. Cover and let stand overnight or longer. Put the butter, brown sugar, cinnamon and nutmeg in a food processor fitted with the metal blade. Pulse until the mixture has the consistency of coarse meal. Add the flour and pulse until the texture is sandy. This can be done with two knives or a pastry blender as well. Wrap and refrigerate the topping. Preheat oven to 375 degrees.

Use 2 tablespoons of the butter to grease a 13 x 9 x 2 inch baking pan. Peel the apples, cut them in half and remove the cores (a melon ball works great as a corer). Cut the apple halves into 1/4 inch thick slices. Heat the remaining butter in a large skillet and add the sugar. Cook over medium heat until caramelized (turning light brown). Add the apples, lemon juice and vanilla and cook for about 10 minutes. Stir frequently to prevent the sugar from burning. Drain the raisins, reserving the rum. Stir raisins into the skillet. Carefully warm the rum in a small saucepan or ladle over low heat, ignite and pour over the apple mixture. Transfer the mixture to the baking dish. Refrigerate for 15 minutes.

Sprinkle the topping evenly over the fruit. Bake until the topping is browned and set, about 35 to 40 minutes. Serve warm from the oven or at room temperature, plain or with unsweetened whipped cream or vanilla ice cream. Serves 6 to 8.

## BLUEBERRY BOY BAIT

2 c. enriched flour	1 c. milk
1 1/2 c. sugar	1 tsp. salt
3/4 c. shortening (part butter, part margarine)	1 tsp. vanilla or almond extract
2 tsp. baking powder	2 egg whites, beaten stiff
2 egg yolks	1 (No. 2) can blueberries

Blend flour, sugar and shortening together with pastry blender or cutter until it resembles coarse meal. Remove 1 cup for topping and set aside. Add remaining ingredients in order given to crumb mixture in bowl, mixing until very smooth. Gently fold in stiff beaten egg whites. Pour into greased and slightly floured pan 9 x 13 1/2 x 1 1/2 inches. Place well drained blueberries evenly on top of batter and then sprinkle reserved crumb topping over fruit. Bake in moderate oven (350 degrees) for approximately 40 minutes. Cherries, cut up peaches, etc., can be substituted for blueberries.

## **BANANA BREAD PUDDING WITH BANANAS FOSTER**

To:

**3 beaten eggs**

Add:

**Freshly grated nutmeg  
1/2 teaspoon cinnamon**

**Pureed ripe bananas**

Whisk well.

**1 1/2 cups milk  
Touch of vanilla**

**1/4 c. sugar**

Pour over day old French bread which has been sprinkled with pecans and raisins first.

Dot well with unsalted butter. Let sit for 20 to 30 minutes before baking. Bake in a 300 degree bain marie, 45 minutes covered. Uncover and bake last 20 to 30 minutes until golden. Serve warm.

### **SAUCE:**

Heat unsalted butter, brown sugar and quartered bananas. Keep skillet moving. Cinnamon and nutmeg are added. Cook only until butter and sugar are creamy. Off heat add dark rum and banana liqueur and return to flame. Finish with a touch of vanilla. To serve, place a scoop of pudding in center of plate, a banana piece on either side. Top with sauce and a dollop of whipped cream and a few pecans for garnish.

NOTE: The banana bread pudding is also terrific without the sauce or bananas foster, served in a bowl with a scoop of ice cream on top, for a more "homey" dessert.

\*Baking in a bain marie means to immerse the baking dish about 1/2 to 2/3 of the way up in a larger pan full of water.

*Ellen Weintraub '71*

## QUICK CHERRY DESSERT

2 sticks butter or margarine  
1 1/2 c. granulated sugar  
4 eggs  
1 tsp. almond extract  
2 c. all purpose flour

2 tsp. baking powder  
1 can (21 oz.) cherry pie filling  
Powdered sugar to dust over top  
(optional)

In a large mixing bowl, cream together butter and sugar. Add the eggs. Beat until light and fluffy. Add the almond extract. Stir in the flour and baking powder. Mix until smooth.

Butter a 13 x 9 inch cake pan. Turn the mixture into the pan. Spoon the pie filling into the cake, in 16 spots, spacing 4 spoonfuls evenly in each direction.

Bake at 350 degrees for 45 to 50 minutes or until golden and cake tests done. Filling will sink into the cake while baking. To serve, cut into 16 pieces.

Place bottom side up on serving plate. Dust with powdered sugar, if used. Spoon slightly sweetened whipped cream or Cool Whip over each serving, if desired. Best served warm.

Makes 16 generous servings. (Blueberry pie filling may be substituted for the cherry filling.)

*Lesley Hoopes (Bissel '68)*

## CREAMY DUTCH APPLE DESSERT

1/4 c. butter or margarine  
1 1/2 c. graham cracker crumbs  
1 (14 oz.) can sweetened  
condensed milk  
1 c. (8 oz.) sour cream

1/4 c. lemon juice  
1 (21 oz.) can apple pie filling  
1/4 c. chopped walnuts  
1/2 tsp. ground cinnamon

Preheat oven to 350 degrees. In 11 x 7 inch baking dish melt butter in oven. Sprinkle in crumbs; stir well. Press on bottom of dish. In medium bowl, mix together sweetened condensed milk, sour cream and lemon juice; spread evenly over crumbs. Spoon pie filling evenly over creamy layer. In small dish, mix together nuts and cinnamon; sprinkle over pie filling. Bake 20 to 25 minutes or until set. Cool slightly. May be served warm or cold. Refrigerate leftovers.

## MARY RANDOLPH'S SWEET POTATO PIE

1/4 c. butter or margarine,  
softened  
1 c. sugar  
2 c. cooked, mashed sweet  
potatoes  
3 eggs  
1/4 c. brandy

2 tsp. grated lemon rind  
2 tbsps. lemon juice  
1 tsp. vanilla extract  
Dash of ground nutmeg  
1 unbaked 9 inch pastry shell  
Finely chopped citron

Cream butter in a mixing bowl; gradually add sugar, beating well. Add potatoes; beat at medium speed of electric mixer until well blended. Add eggs, one at a time, beating well after each addition.

Place brandy in a small pan; heat just until warm (do not boil). Add brandy, lemon rind, juice, vanilla and nutmeg to sweet potato mixture; stir until well blended.

Pour mixture into pastry shell. Bake at 350 degrees for 40 minutes, or until a knife inserted in center comes out clean. Sprinkle pie with citron; cool completely. Makes 8 servings.

# **SWEET POTATO-CUSTARD PIE IN ORANGE CRUST**

## **CRUST:**

- |   |  |
|---|--|
| 1 1/4 c. all purpose flour, plus<br>flour for sprinkling the<br>surface | 1/2 tsp. grated orange rind<br>3 to 4 tbsp. chilled orange juice<br>1 tsp. sugar<br>Pinch of ground nutmeg |
| 1/2 tsp. kosher salt  |  |
| 1/4 c. chilled unsalted butter, cut<br>into small pieces                |  |
| 1/2 c. chilled vegetable<br>shortening, cut into small<br>pieces        |  |

## **FILLING:**

- |   |  |
|---|--|
| 3 eggs, beaten  | 1/4 c. unsalted butter; melted   |
| 1 c. sugar  | 1 tbsp. fresh orange juice   |
| 2 c. cooked, mashed and sieved<br>sweet potatoes (about 2 lg.<br>or 3 sm. sweet potatoes) | 1 tsp. vanilla extract<br>1/8 tsp. lemon extract<br>1/2 tsp. kosher salt<br>Large pinch of ground nutmeg<br>(optional) |
| 1/3 c. whole milk   |  |
| 1/3 c. light cream  |  |

To make the crust, sift the flour and salt together in a large bowl. Cut in the butter, shortening and orange rind with a pastry blender or your fingers until the mixture is crumbly.

In a small bowl, combine 3 tablespoons of orange juice with the sugar and nutmeg. Using a fork, stir the orange-juice mixture into the flour mixture to form a soft dough, adding additional orange juice if necessary. Do not overmix. Refrigerate at least 1 hour.

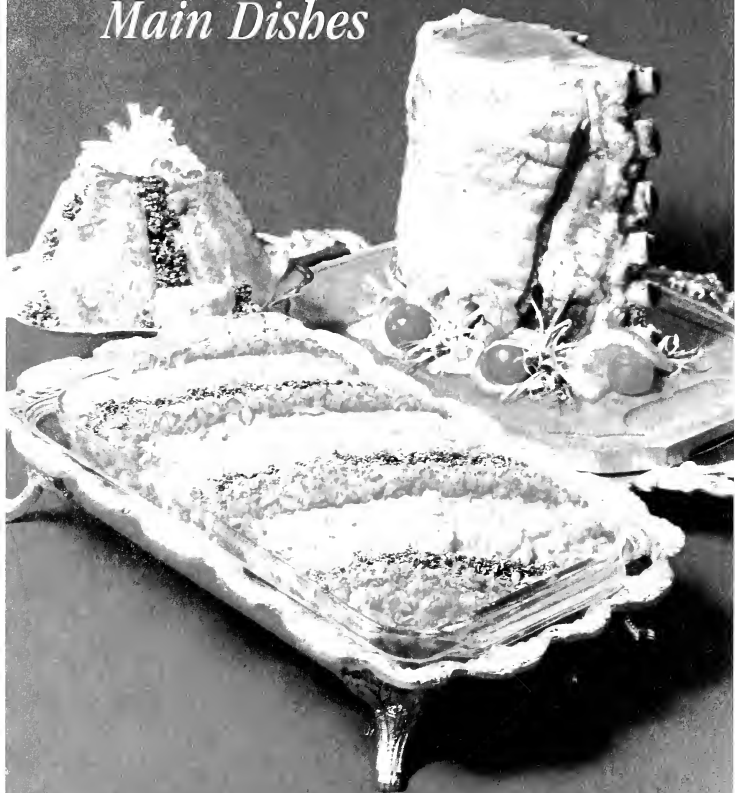
On a floured surface, roll out the chilled dough to fit a 10 inch pie plate. Press the crust firmly into the plate and trim and crimp, or flute, the edges. Set aside.

For the filling, beat the eggs, sugar and sweet potatoes together in a medium bowl. Add the milk and light cream and stir until combined. Add the melted butter, orange juice, vanilla extract, lemon extract, salt and nutmeg if using, and mix well.

Pour the mixture into the pie shell and bake until a knife inserted into the middle of the custard comes out clean, about 40 to 45 minutes. Yield: One 10 inch pie.



# *Main Dishes*



## TEMPTING MAIN DISH IDEAS

When broiling meats or bacon on a rack, place a piece or two of dry bread in the broiler pan to soak up the dripped fat. This not only helps to eliminate smoking of the fat but reduces the chances of the fat catching fire.

**Tenderizing Meat - Mechanical methods:** Grinding, cubing and pounding meat breaks down the connective tissue and makes meat tender. **Marinating:** Soaking meat in acid mixtures such as lemon juice or vinegar tenderizes meat and adds flavor. Often herbs and spices are included in commercial marinades. **Meat tenderizers:** These are derivatives of natural food-tenderizing agents found in some tropical fruits (such as papaya) which soften meat tissue only while meat is cooking.

For juicier burgers, add a stiffly beaten egg white to each pound of hamburger, or make patties with one tablespoon of cottage cheese in the center.

Marbled beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

Pork chops which are light in color are corn fed.

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

A half teaspoon of dry mustard added to a flour mix for frying chicken adds great flavor.

The darker the flesh of a fish, the higher it is in calories.

**Rule of thumb for cooking fish:** Cook 10 minutes for each inch of thickness.

To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

For fluffier omelets, add a pinch of cornstarch before beating.

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Tenderize tough meat by rubbing both sides with vinegar and olive oil. Let it stand two hours before cooking.

To shape meatballs, use an ice cream scoop to make uniform balls.



## BONED GRILLED LEG OF LAMB

1 butterflied leg of lamb  
1/2 c. good olive oil  
1/2 c. dry white wine  
3 cloves garlic, chopped fine  
Zest of half a lemon, finely  
chopped  
Zest of half an orange, finely  
chopped

4 scallions, finely chopped  
1 tbsp. freshly chopped  
rosemary  
1 tbsp. freshly chopped mint  
1 tsp. freshly chopped thyme

Combine the above ingredients and set the lamb in a shallow pan that will hold it comfortably and pour the marinade over the meat. Refrigerate the meat for 5 to 6 hours prior to cooking, turning it from time to time. Remove from the refrigerator about one hour before grilling.

Salt and pepper the lamb just before putting it on the fire. Cook the lamb for approximately 15 minutes turning it from time to time, making sure it is well charred on both sides.

Brush with the excess marinade as you turn it. Then place the lamb in a preheated 425 degree oven for 15 minutes. The thicker parts will be pink and juicy and the thinner sides more well done. Serves 5 to 6.

*Lesley Hoopes '68*

## **GRILLED LAMB WITH BALSAMIC VINEGAR SAUCE**

An elegant main course that takes only a few minutes to make. Serve with grilled vegetables and potatoes. 4 servings.

### **SAUCE:**

1/2 c. dry white wine  
3 rosemary sprigs  
1 1/2 tsp. balsamic vinegar

1 1/2 tsp. minced shallot  
1/4 tsp. cracked black pepper  
2 c. veal, lamb or beef stock

### **LAMB:**

1/4 c. red currant jelly  
1/2 tsp. minced fresh rosemary  
1/8 tsp. minced garlic  
1 (18 oz.) boned lamb loin,  
trimmed\*\*

Coarse salt  
Coarsely ground pepper  
3 tbsps. unsalted butter, room  
temperature

For sauce: Boil wine, rosemary, vinegar, shallot and pepper in heavy medium skillet until reduced to 2 tablespoons, about 6 minutes. Add stock and boil until reduced to 5 tablespoons, about 25 minutes (can be prepared 6 hours ahead and refrigerated.)

For lamb: prepare barbecue grill (medium heat). For marinade, combine jelly, rosemary and garlic in glass baking dish. Season lamb with salt and pepper. Add to marinade, turning to coat. Marinate 10 minutes.

Grill lamb until cooked to desired degree of doneness, about 5 minutes per side for rare. Transfer to platter. Return sauce to boil. Reduce heat to low and whisk in butter 1 tablespoon at a time. Strain sauce. Season with salt and pepper. Spoon sauce onto plates. Slice lamb and arrange atop sauce.

I also marinate the lamb for the day rather than 10 minutes.

\*\*Butterflied lamb can be substituted.

*Wendy C. Weiler '71*

## HERBED LAMB IN A NUT CRUST

Preheat oven to 350 degrees.

**1 (7 lb.) leg of lamb**  
**1 c. hazelnuts (filberts), roasted**  
**and skinned**  
**1/2 c. softened unsalted butter**

**1 c. bread crumbs**  
**3 cloves garlic**  
**3 tbsp. fresh rosemary, chopped**  
**Salt and pepper**

Chop hazelnuts in a food processor. Cream the butter and add the nuts, crumbs, garlic and rosemary all together in a bowl until well mixed. Season meat to taste place in a roasting pan. Pack the nut butter mixture around the lamb. Place onions cut in half on the roasting pan. Roast for 1 1/4 to 1 1/2 hours meat thermometer will measure 130 degrees for medium rare.

## **WILTSHIRE LAMB PIE**

### **CRUST:**

1 c. flour  
1/4 c. milk  
4 peppercorns

4 tbsp. unsalted butter  
4 tbsp. lard or bacon fat

### **FILLING:**

1 1/2 lbs. lamb  
1 lg. tart apple, Granny Smith  
for example  
1 lb. onions

1/4 tsp. allspice  
1/4 tsp. nutmeg  
1/2 c. stock  
Salt and pepper

Peel and chop onions. Core and peel apple and then slice. Line oval dish with lamb, then apple slices, then onion, then allspice and nutmeg. Continue layering lamb, apples and onion, twice more. Pour 1/2 cup lamb or beef stock on top.

Season with pepper and salt. Place 1 cup flour in a mixing bowl. Add 4 tablespoons butter and lard by hand until crumbly. Add water. Roll onto floured board. Make a ball and refrigerate at least one hour.

Roll again until 1/4 inch thick and place on top of baking dish. Trim and cut slits into top. Crimp edges. Roll out remaining dough and cut out into decorative shapes to decorate edges of pie. Four leafed flowers are nice. Place a whole peppercorn in each. Glaze with milk.

Bake at 350 degrees for 1 1/4 hours or until golden. If it begins to get brown early, cover with aluminum foil until done.

*"World Class Cuisine"*

## ELEGANT LEFTOVERS DUCHESS

4 to 6 onions, sliced, or coarsely  
diced, as you prefer  
2 tsp. olive oil  
4 med. potatoes  
1/4 c. buttermilk  
Nutmeg  
White pepper  
4 tbsp. flour  
2 1/2 c. nonfat milk (or whole  
milk or even 1/2 and 1/2 if  
you're not counting calories)

2 c. or 8 oz. button mushrooms  
2 whole bay leaves  
3 tbsp. parsley  
3 c. cubed cooked lamb, beef,  
turkey, salmon, etc.  
Parsley and paprika for garnish  
1 pkg. frozen spinach, cooked, or  
steamed fresh spinach

Boil potatoes. Sauté the onions (I prefer slices) in the olive oil. Add the 4 tablespoons flour when the onions are translucent and mix well to coat over low heat.

Immediately add the milk and stir with a straight edged spatula to avoid scorching. Clean and slice the mushrooms and add, then add the bay leaves, leaving them whole. Grate in some fresh nutmeg and simmer 30 minutes. Peel potatoes and pass through a ricer. Add buttermilk, freshly ground nutmeg and white pepper and place in a pastry bag.

Add 3 tablespoons parsley and leftover meat cubes to onion sauce. Add a splash of white wine to the sauce and meat mixture and heat through. Remove bay leaves.

Pipe potatoes around the edges of each serving plate with the star tip in the shape of a ring. Place spinach in the center of the ring, and ladle meat with onion sauce on top. Garnish with paprika and parsley.

*Graham Kerr*

## **LAMB ROULLADE WITH PEPPERS, FETA AND OLIVE SAUCE**

<b>2 1/2 lbs. lamb deboned rack, save rib bones (make flat by cutting into rounded portion and folding back)</b>	<b>1/4 c. yogurt</b>
<b>2 red peppers</b>	<b>1 tbsp. garlic or 3 cloves</b>
<b>Red wine</b>	<b>Greek seedless olives</b>
<b>8 oz. feta cheese</b>	<b>3 tbsp. olive oil</b>
	<b>Basil</b>
	<b>Rosemary</b>
	<b>Salt and pepper to taste</b>

Roast peppers over an open flame. Pour olive oil in a pan with lamb bones, garlic cloves and fresh rosemary. Place blackened peppers into ice water. Skin and slice. Coat a layer of yogurt on the lamb. Chop basil and place on yogurt. Place red peppers in slices across lamb. Slabs of feta are placed on top of that, then another layer of peppers.

Roll up starting with small end. Tie up roulade. Salt and pepper to taste. Bake at 350 degrees for 30 to 40 minutes. Add red wine to bones. Pan juices from roulade are added to red wine and bones. Simmer 20 minutes. Strain to get broth. Process olives with broth, olive oil, salt and pepper. Serves 4 to 6.



## GOAT CHEESE STUFFED LAMBURGERS

3 garlic cloves, chopped  
2 lbs. ground lamb  
1/4 c. flat leaf Italian parsley

1/4 c. chopped onion  
Salt and pepper to taste

Mix together ingredients but do not overmix or burgers will be dry. Mold into 3 to 4 oz. patties and place in refrigerator. Make a well in half the patties.

### STUFFING:

4 oz. goat cheese  
6 sundried tomatoes, chopped  
1 tsp. chives, chopped

2 tsp. basil, chopped  
1 tbsp. pine nuts

### GLAZE:

1/2 c. balsamic vinegar, cooked  
over medium heat to half its  
volume

Place a ball of the stuffing in each well and top with another patty. Seal around edges and grill to desired doneness, brushing well with balsamic vinegar glaze. 5 to 6 minutes for rare; 6 to 7 minutes for medium; and 8 to 9 minutes for well done.

Serves 4.

*"The Burger Meister"*  
by Marcel Desaulniers

## **ROGAN JOSH (INDIAN LAMB CURRY)**

<b>1 tbsp. oil</b>	<b>1/2 tsp. turmeric</b>
<b>2 tbsp. finely chopped onion</b>	<b>1/4 tsp. nutmeg</b>
<b>1 tbsp. grated ginger root</b>	<b>1/4 tsp. mace</b>
<b>2 tbsp. paprika</b>	<b>1 lb. lamb is cubed into small pieces</b>
<b>2 tsp. cayenne pepper</b>	
<b>1 tsp. gallum massalla</b>	

Saute onions and ginger in 1 teaspoon olive oil in a skillet. Season with paprika, cayenne, gallum massalla, turmeric, nutmeg and mace. In another skillet, allow meat to brown 2 minutes on one side only. Season with 3 tsp. ground coriander. Add meat to onion mixture. Deglaze meat pan with 3/4 cup water and add to mixture.

<b>1 3/4 c. tomatoes, skinned and seeded</b>	<b>1 c. nonfat yogurt</b>
--	---------------------------

Add 1 3/4 cups skinned and seeded tomatoes. Add 1 cup nonfat yogurt and stir. Cover and place in a 350 degree oven for 1 1/2 hours.

<b>4 tablespoons liquified cornstarch</b>	<b>Pinch of gallun massalla (sweet curry)</b>
<b>2 tablespoons cilantro</b>	

Add liquified cornstarch, cilantro and gallum massalla. Serve over rice.

## LAMB STEW

1/3 c. rice per person  
2/3 c. stock per person  
Pinch saffron  
Lamb shoulder blade steak,  
boned, defatted, cubed  
Carrot skins

Onion skins  
4 bay leaves  
1/2 tsp. cumin seed  
1 inch piece cinnamon  
6 cloves

Brown meat slowly on one side only. Remove and set aside, but do not wash the skillet. Broil bones and fat until brown and place in boiling water (8 cups), add carrot skins, onion skins, bay leaves, cumin seed, cinnamon, cloves; stir. Steep for hours to produce stock, then strain out vegetables.

1 onion  
1 tbsp. tomato paste  
2 carrots, sliced  
1/4 c. raisins  
1 tsp. brown sugar  
2 tbsp. chopped almonds

1 tsp. cumin seed  
3 cloves  
2 inch cinnamon stick  
Cardamon seeds  
1 tbsp. arrowroot

Add one onion sliced into the pan you removed meat from. Add tomato paste and stir. Re-add meat, add 2 cups stock and cover and cook 30 minutes.

In another skillet, place carrots, raisins, brown sugar and chopped almonds.

Cumin seed, cloves, 2 inch cinnamon stick and cardamon seeds are placed in the chopper; then added to meat and carrots. 1 tablespoon arrowroot and 2 tablespoons liquid are added off heat to meat then replaced to heat.

Top with a dollop of yogurt cheese flavored with diced garlic and mint. Yogurt cheese is made by placing plain yogurt in a cheesecloth or over a strainer in the refrigerator until the liquid drains off into a container placed underneath.

## FILET OF LAMB LACED WITH FOIE GRAS

12 oz. rack of lamb  
2 tbsp. vegetable oil  
1/2 c. bread crumbs  
1 c. chicken stock  
Parsley  
Thyme  
1 potato  
1/2 tbsp. butter  
2 sm. tomatoes

1 oz. foie gras  
Salt and pepper  
1 clove garlic  
2 leaves spinach  
1 shallot  
1 egg  
1 c. flour  
1 c. milk

Remove lamb from ribs. Cut remaining bones apart. Pour 2 tablespoons oil onto heated saucepan, 1 garlic clove is added with bones.

Cut a pocket into lamb, season with salt and pepper. Place 1 slice foie gras into 2 leaves spinach and insert into cavity in meat. Secure meat closed with toothpicks.

Add 1 cup chicken stock to saucepan with the bones. Coat lamb with flour, milk and bread crumbs. Add thyme to saucepan with bones and stock. Blanche and give ice bath to tomatoes, peel and chop and set aside.

Peel and slice potatoes on a mandolin. Form a galette. Brown in a skillet in butter. Add 1 pat butter to saucepan, add chopped shallot, salt and pepper, tomatoes are added.

Pour oil into a large skillet and lamb is added. Once browned, bake about 30 minutes at 375 degrees. Strain sauce in chinoise, or fine strainer. Form shallots and tomatoes into quenelles. Place potato galette in center of platter.

## **LAMB POTATO STEW**

- |  |                        |
|--|------------------------|
| 1 lb. potatoes, creamers or small red ones                   | 1 1/2 c. tomato sauce  |
| 3 lbs. lamb shoulder, fat removed cut into 1 1/2 inch chunks | 1 1/2 c. chicken broth |
| 1/3 c. olive oil   | 1 c. flour             |
| 1 c. red wine  | 2 oz. pancetta, diced  |
|  | 1 tbsp. rosemary       |
|  | 2 garlic cloves        |

Place lamb chunks in a strainer over a bowl and flour lightly to coat. Shake strainer to remove excess flour. Place olive oil in a skillet, until it sizzles and smokes, brown lamb on medium high heat. 1 tablespoon fresh rosemary, 2 garlic cloves are halved and crushed. Chop finely. When lamb is golden, add pancetta. Add garlic and rosemary and a splash of red wine and tomato sauce. Add broth. Cook for 1/2 hour on medium heat. Add rest of red wine and cook another hour. Add potatoes, cook 10 more minutes.

## **BRAISED LAMB SHANKS**

One shank per person. Trim well. Heat 2 tablespoons cooking oil and brown lamb shanks, pouring off excess grease.  
Add:

- |   |                           |
|---|---------------------------|
| Carrot chunks                           | Large slices fresh ginger |
| Whole trimmed leeks, split halfway down | Garlic slices             |

Add:

- |                        |                    |
|------------------------|--------------------|
| 1 tbsp. coriander seed | 2 c. red wine      |
| 1 tbsp. tomato paste   | 1 c. chicken stock |

to bring liquid over all. Add 2 stalks marjoram. Simmer 2 hours or until tender.

## MOCK CRAB SOUFFLE

1 lb. fresh crab or 1 lb. can crab	2 c. milk
2 c. mayonnaise	2 hard boiled eggs, diced
2 tbsp. chopped parsley	1 onion small, finely chopped
3 c. bread cubes from crustless fresh white bread	Bread crumbs

Mix all ingredients except bread crumbs. Place in buttered casserole. Sprinkle bread crumbs over top. Bake 1 hour, 350 degree uncovered. After 1/2 hour of cooking stir well. Serves 6 to 8.

*Joan Biddle '64*

## MARYLAND CRAB CAKES

2 lbs. crabmeat	3/4 c. mayonnaise
1 red pepper, diced	Dash jalapeno pepper, to taste
1 yellow pepper, diced	1 clove garlic, minced
2 tbsp. parsley	1 tbsp. Old Bay seasoning
2 tbsp. cilantro	2 tbsp. bread crumbs

Mix all ingredients. Form into cakes. Roll in bread crumbs. Saute in olive oil or clarified butter. Serve with horseradish sauce. Can be finished in the oven. Serves 4.

## NUT CRUSTED FISH

1 c. raw slivered almonds	1/2 tsp. black pepper
2 cloves garlic	
1/2 tsp. thyme (lemon thyme if available)	

Process above to a meal and put on a plate.

4 (5 to 6 oz.) cod filet	1 egg with 1 tbsp. water, beaten
--------------------------	----------------------------------

Place sautee pan on heat. Begin dredging filets first in 1/4 cup flour, shake, egg wash, then nut meal. Add 1 tablespoon olive oil to pan and sautee fish turning once. Do not burn the nuts. If filets are thick, finish in a 350 degree oven. Serve with butter sauce or fresh lemon wedges.

## HERB BAKED SALMON

Vegetable oil spray  
3/4 lb. salmon fillet  
1 tbsp. Dijon mustard  
1/4 c. chopped fresh parsley  
1 tbsp. fresh oregano or 1 tsp.  
dried

1 tbsp. fresh thyme or 1 tsp.  
dried  
1/2 c. plain bread crumbs  
Salt and freshly ground black  
pepper to taste  
1 egg white

Preheat oven to 350 degrees. Line baking tray with foil and spray with vegetable oil spray. Wash salmon, pat dry and spread mustard over top. Mix parsley, oregano, thyme and bread crumbs together. Season with salt and pepper. Blend in egg white to bind mixture together. Spread over the mustard. Bake in oven 20 minutes for fillet that is 1 inch thick, 5 minutes longer if 2 inches. Remove from oven and serve on individual plates with rice. Makes 2 servings.

## GLAZED SALMON

Vegetable oil spray  
3/4 lb. fresh salmon fillet  
1/4 c. good quality balsamic  
vinegar

1 tbsp. Dijon mustard  
Salt and freshly ground pepper

Heat a medium-size nonstick skillet and spray with vegetable oil spray. Rinse salmon and pat dry with paper towel. Brown salmon for 3 minutes on high, turn and brown for another 3 minutes. Transfer salmon to plate; add vinegar to skillet and cook on high heat until about half the amount remains, about 3 minutes. Lower heat. Add mustard and mix well to make a smooth glaze.

Salt and pepper salmon, return to skillet and cook 1 minute. Turn to coat both sides with the glaze and cook another minute or two, until cooked through. Divide salmon into two portions and place on plates. Spoon any remaining glaze on top. Makes 2 servings.

## WOVEN FISH FILETS WITH SNOWPEA SAUCE

1 sm. salmon filet  
3 lg. turbot filets  
1 c. finely chopped shallots  
30 snowpea pods  
3 tbsp. unsalted butter  
1/2 c. fish stock  
1/2 c. white wine

1 1/2 c. heavy cream  
Salt and pepper  
1/2 tsp. lemon zest  
1 tsp. salmon roe, or red caviar  
4 fresh chives  
4 currant berries

Place snowpeas in a saucepan with 1 1/2 cups ice water set on medium heat. Into 2 teaspoons butter in another saucepan, sautee shallots and add a pinch of salt. Trim and slice turbot filets into long narrow strips about 1/2 inch wide.

Now trim and slice salmon filet into same size strips. Add 1/4 cup white wine to the shallots and stir. On top of aluminum foil, braid strips into a woven square (like we used to do with those stretchy loopy things in camp to make a potholder). Add some more wine to sauce and stir adding a little salt. Trim excess from edges of braided square to make a uniform square shape.

Place cooked and drained snowpeas into processor with 1/4 cup of their cooking liquid and blend. Add to processor: 1/2 cup heavy cream, shallots, and wine. Place the pureed mixture through a sieve and then heat in saucepan.

Slip woven fish carefully into a poaching pot for 6 to 7 minutes. Ladle sauce onto plate, then place fish in center. Garnish with strands of fresh chives, caviar, lemon zest and currant berries.

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## **POACHED SALMON STEAKS WITH HERBED VINAIGRETTE SAUCE**

4 boneless salmon steaks, 4 to 6  
oz. each, with skin attached

### **FOR THE COURT BOUILLON:**

1 c. dry white wine  
3 tbsp. white wine vinegar  
1/2 c. thinly sliced onions  
1/4 c. thinly sliced carrots  
1/2 c. chopped celery  
4 black peppercorns  
2 sprigs fresh thyme, or 1 tsp.  
dried

1 bay leaf  
1 clove garlic, peeled  
Pinch cayenne pepper, or to taste  
2 sprigs parsley  
Salt to taste

### **FOR THE VINAIGRETTE:**

1 tbsp. Dijon mustard  
Salt and pepper to taste  
2 tbsp. red wine vinegar  
1 tbsp. shallots, finely sliced

1 sm. clove garlic, peeled  
3 tbsp. coarsely chopped chervil  
or parsley  
1/3 c. olive or vegetable oil

Place all the ingredients for the court bouillon, along with 2 quarts of water, in a large skillet or small fish poacher. Bring to a boil, cover and simmer for 10 minutes. Let it cool to room temperature.

Submerge the fish in the cooled bouillon. If there is not enough liquid to cover the fish by at least one inch, add water to cover. Return to a boil, lower the heat to a simmer and poach for about 5 minutes. Remove from heat and let stand in liquid about 5 minutes longer before serving. Do not overcook.

To make the vinaigrette sauce, place the mustard, salt, pepper, vinegar, shallots, garlic and chervil in a blender or a very fast food processor. As mixture blends, pour the oil through the opening of the cover. Blend well. If sauce is too thick, add 2 tablespoons water and blend. Adjust the seasonings. Yield: 4 servings. NOTE: This dish can be served lukewarm or cold.

## **ORIENTAL SALMON STEAK**

**4 garlic cloves, smashed and  
chopped**

Are heated with:

**1/2 tsp. toasted sesame oil  
1 tbsp. minced ginger  
1 tbsp. Chinese black soy beans  
(fermented)**

**1/4 tsp. red pepper flakes**

Place on heat:

**1 c. long grain rice**

**2 c. water**

Add to rice:

**1/4 c. each matchsticks ginger,  
scallion, and red pepper**

Place in sieve. Place back on heat in sieve with a cover.

Place 1 tablespoon rice wine vinegar into ginger mixture. Add 4 tablespoons white wine (or sherry). This essence is used to steam the salmon. After steaming use needle-nose pliers to remove central bone. Lift on plate and remove outside skin. Place rice in a timbale (or a teacup) for presentation.

## **SALMON POCHE AU BASILIC**

(POACHED SALMON WITH BASIL SAUCE)

4 boneless, unskinned salmon steaks, about 1/2 lb. each	2 sprigs fresh parsley
1 tbsp. plus 1 tsp. butter	1 bay leaf
3 tbsp. finely chopped shallots	1/2 c. heavy cream
Salt to taste, if desired	1/2 c. thinly shredded fresh basil
Freshly ground pepper to taste	1 tsp. lemon juice
1/2 c. dry white wine	1/8 tsp. cayenne pepper

Any random bones left in the salmon pieces should be removed with tweezers. Select skillet in which steaks will fit in one layer without crowding. Rub skillet with one teaspoon of butter. Scatter shallots over bottom of skillet. Arrange salmon pieces over shallots. Sprinkle with salt and pepper. Dot salmon with remaining tablespoon of butter and pour wine over all. Add parsley and bay leaf. Cover closely, bring to simmer and cook about 10 minutes, no longer. Do not overcook.

Transfer salmon to platter and cover to keep warm. Cook down liquid in skillet to 1/4 cup. Add cream and bring to boil. Strain sauce into saucepan. Discard the parsley and bay leaf. Bring sauce to boil over high heat and add any liquid that has accumulated around fish. Reduce sauce over high heat about 2 minutes or until there is about 3/4 cup. Add basil, lemon juice and cayenne. Pour hot sauce over fish and serve. Yield: 4 servings.

*NY Times*

## **SALMON POACHED IN WHITE WINE**

Filet of salmon	1/2 c. white wine
2 tsp. butter	2 tbsp. heavy cream
1 shallot	

In a skillet, brushed with butter, place a minced shallot, minced parsley, then lay the filet on the bottom. Add 1/2 cup dry white wine, 2 tablespoons heavy cream, salt and pepper. Bring to a boil, then place in oven at 400 degrees for 2 1/2 to 3 minutes. Remove from poaching liquid. Thicken sauce with an egg yolk. Whisk and beat but do not boil. Finish sauce with capers.

## HONEY-LIME SALMON

2 lg. shallots  
1 lg. clove garlic  
1 jalapeno  
Juice 1 lime

2 tbsp. honey  
1 tsp. olive oil  
10 oz. salmon fillet (without skin)

Mince shallots, garlic and from half to all of the jalapeno. Combine in a small bowl with the lime juice and the honey.

Heat a small saute pan until very hot, and add the oil; reduce heat to medium high, and saute salmon on one side for about 1 minute. Turn salmon, and add shallot mixture. Reduce heat to medium, and cook until done, following the Canadian rule: measure the salmon at the thickest part and cook 8 minutes to the inch. The salmon should be done in about 5 minutes. Yield: 2 servings.

## PESTO CRUSTED SALMON

2 lbs. salmon, cut into 1 1/2 oz. cubes

Dredge in flour, the buttermilk and beaten egg, and then into a processed mixture of:

1 c. bread crumbs  
1 c. Asiago or grated Parmesan  
1/2 c. basil leaves

1/2 c. spinach leaves  
1/4 c. pine nuts  
2 cloves garlic, 1 shallot

Saute in olive oil. Serve with a Vinaigrette blend of:

Vinegar  
Honey  
Basil

Olive and salad oil  
Garlic and shallots

Serving Suggestion: With a risotto placed in a ring topped with strips of roasted peppers and glazed roasted onion rings.

*Baby Ruth Restaurant in Dallas*

## SAUMON EN CROUTE

Preheat oven to 375 degrees.

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 garlic clove, crushed          | 2 sheets puff pastry (Phyllo    |
| 1 lg. shallot, chopped           | dough sheets may be used,       |
| 2 tbsp. Pernod                   | double or triple for each       |
| 2 tbsp. sweet (unsalted) butter  | layer, brushed with olive oil   |
| 1 c. chopped spinach, cooked and | in between)                     |
| drained                          | 1 beaten egg yolk               |
| 1 lg. leek, julienned            | 1 filet of salmon (3 to 4 lbs.) |
| 1 tbsp. lemon juice              |                                 |

Heat butter and saute garlic, shallot and Pernod lightly. Add spinach and leeks and stir until just heated. Add lemon juice and then permit to cool.

Place bottom layer of pastry on a baking sheet and brush with egg yolk. Spread spinach evenly in a tunnel down the center of the pastry. Place the salmon filet on top of the spinach and brush the top pastry with egg yolk and cut into 3/4 inch wide strips. Place a strip of the pastry diagonally across the fish with the egg side down. Add strips parallel to the first strip and 3/4 inch apart. Repeat the procedure with strips in the opposite direction, forming a lattice. Crimp the edges to the bottom pastry with tines of a fork and trim away excess pastry. Leave a one inch border. Bake for 15 to 20 minutes until golden.

## **CURRIED MONKFISH KEBABS**

2 shallots, finely chopped  
1 c. dry white wine  
1 tbsp. curry powder  
1/3 c. creme fraiche  
2 lbs. monkfish

Salt and pepper  
3 lg. golden apples, peeled  
Juice of one lemon  
3 tbsp. corn oil

Preparation: 20 minutes. Cooking: 30 minutes.

In a small saucepan combine the shallots and white wine and bring to a boil over high heat. Boil briskly until liquid is reduced to 1/4 cup.

In a bowl, stir together the curry powder and creme fraiche until well mixed. Set aside.

Cut the monkfish into 1 inch cubes and sprinkle with salt and pepper. Core the apples and cut into 1/2 inch cubes. Toss apple cubes with the lemon juice in a mixing bowl. Thread monkfish and apple cubes alternately onto 12 10-inch skewers. Place kebabs on an oiled broiling pan and brush with corn oil. Cook under preheated broiler on a rack set 6 inches below heat source. Cook for 15 minutes, turning kebabs occasionally.

To finish the sauce, stir the curry-powder mixture into the wine reduction. Bring to a boil, then reduce heat and keep warm. Season with salt and pepper. To serve, place 2 skewers on each plate and spoon curry sauce over. Serve with boiled white rice. Serves 6.

## **FISH FILETS IN CRISP POTATO CASES WITH A RED PEPPER SAUCE**

3 tbsp. olive oil  
2 potatoes, shredded  
4 tbsp. butter  
4 pike/perch filets (1 lb.)  
1 red pepper  
2 tsp. flour  
1/2 onion

1 garlic clove  
3/4 c. white wine  
1 bay leaf  
1/2 c. heavy cream  
1/2 c. tomato, seeded and  
chopped  
Salt and pepper

Salt and pepper fish. Spread butter then potato shreds on fish. Saute 5 minutes on each side in 2 tablespoons oil.

Heat 2 tablespoons butter and add onion. Slice garlic, and add with cubed peppers. Add white wine and bring to a boil. Add bay leaf and let wine reduce. Add cream, stir. Add salt and pepper. Reduce by 1/3. Hand blend. Heat tomato chopped in 1 teaspoon oil. Ladle sauce onto plate, place fish on top, and place a dollop of tomato on top of fish. Serves 4.

## **TUNA WITH SOY AND 5 SPICE GLAZE**

### **MARINADE:**

2 tsp. vegetable oil  
2 tsp. ginger, chopped fresh  
2 shallots chopped  
2 garlic cloves, chopped  
2 tbsp. honey  
1/4 c. dry sherry  
1/2 c. stock (fish or chicken)

3 tbsp. soy sauce  
1/2 tsp. chili powder  
1 tsp. Chinese 5 spice  
Black pepper  
4 (6 oz.) tuna steaks  
1 tbsp. vegetable oil

Marinate fish in first 10 ingredients at least one hour. Sear quickly in oil. Serves 4.

## **TONNO UBRIACO (DRUNKEN TUNA)**

Preheat a nonstick skillet. Serves 4.

1/4 c. olive oil  
4 (1/2 to 3/4 inch) slices of tuna  
1 tbsp. unsalted butter  
1 c. dry Marsala wine  
1 tbsp. capers

1 tsp. chopped fresh parsley  
2 anchovies  
1/3 c. lemon juice  
1/2 c. fish broth  
1 c. flour for dredging

Heat 1/2 cup olive oil. Chop anchovy filets very fine. Dredge fish in flour, place in sizzling pan. When fish is golden, turn, when second side is golden add marsala wine and fish broth. Cover and let cook 6 to 7 minutes. Remove fish to a plate. To the skillet, add 1/3 cup lemon juice to deglaze the pan. Add 1 tablespoon capers, more wine, 1 tablespoon unsalted butter, 2 chopped anchovies and parsley.

## **SWORDFISH WITH RED PEPPER SAUCE**

Grill swordfish, using a 90 degree turn to produce the distinctive crosshatch markings. Roasted red bell peppers are placed in a bowl after grilling; cover with plastic wrap, so they steam themselves, then peel and seed them. Place in blender add 1/3 cup balsamic vinegar, roasted garlic, salt and pepper. Add 1/2 cup olive oil in a steady stream.

Season swordfish with salt and pepper and saute in olive oil. Drizzle sauce over fish with a squeeze bottle on a pretty platter. Garnish with chopped parsley or chives.

## GARDEN CLUB CRABMEAT CASSEROLE

- |  |   |
|--|---|
| 2 (6 oz.) pkgs. frozen King crabmeat, drained and flaked | 2 c. plus 2 slices white bread (Pepperidge Farm) crumbled |
| 6 hard cooked eggs                                       | 2 tbsp. parsley flakes                                    |
| 1 can artichoke hearts (drained and quartered)           | 2 tbsp. chopped onion                                     |
| 2 c. half and half                                       | 2 tsp. salt   |
| 2 c. Hellmann's light mayonnaise                         |   |

Mix and put in greased 9 x 13 casserole. Top with cornflakes. Bake 30 minutes at 350 degrees.

*Jessie Strahman '42*

## SCAMPI ALLA CARLINA

- |   |   |
|---|---|
| 2 1/2 lbs. shrimp or scampi, cleaned and peeled | 1/4 c. unsalted butter                              |
| 1/4 c. fresh tomato sauce                       | 1 tbsp. capers, diced and drained                   |
| Dash Worcestershire sauce                       | 2 tbsp. unsweetened gherkins or cornichons, chopped |
| Flour for dredging                              | Salt and pepper                                     |
| 1/4 c. parsley, chopped flat leaf               | Juice of 1/2 lemon                                  |

Coat a skillet with olive oil and dredge and cook scampi over medium high heat until lightly brown and crisp. Place in a strainer to drain. Return to skillet, douse with wine. Add butter and parsley, place in an ovenproof dish and cook under broiler less than a minute. Dress shrimp with remaining ingredients and place in oven briefly.

*Harry's Bar in Venice*



## **PESTO SHRIMP SERVED ON POLENTA**

**2 c. water**  
**2 c. milk**

**1 c. coarse cornmeal**

Stir and cook 30 minutes. Peeled shrimp are deveined and marinated in a pesto sauce. The pesto is made by processing:

**1/2 lb. fresh basil**  
**1 1/2 tbsp. pine nuts**  
**4 oz. Parmesan cheese**  
**3 cloves garlic**

**Salt**  
**1 c. olive oil, added gradually**  
**while processing**

Marinate a couple hours. Remove from marinade and place shrimp on a grill. Season with salt and pepper. Add butter and Parmigiano Reggiano cheese to polenta, season with salt and pepper. Place a scoop of polenta in a rimmed soup, arrange shrimp like a shrimp cocktail. Garnish with parmigiano cheese; chives, basil and balsamic vinegar.

## **SHRIMP WITH MARINATED TOMATOES**

Whisk together:

**1/2 c. rice vinegar**  
**Cracked black pepper**  
**2 tbsps. sugar**

**1/2 tsp. allspice**  
**1/2 tsp. celery salt**  
**1 tsp. scallion, diced**

Whisk in:

**3 tablespoons olive oil**

Add:

**1 teaspoon Dijon mustard**

Marinate tomatoes in this mixture at room temperature for 1 hour.

**2 lbs. shrimp, peeled and deveined**

Dip shrimp first in flour then water then in a mixture of:

**1/4 c. pressed diced basil**  
**Pinch cayenne pepper**  
**Fresh ground black pepper to taste**

**3/4 c. blue cornmeal**

Saute in butter then place on top of marinated tomatoes. Top with a mixture of chunks of Buffalo Mozzarella, bel paese, fontina del 'osto, melted on the top under the broiler. Garnish with parsley. Serves 4.

## **SAUTEED SHRIMP WITH MANGO AND AVOCADO**

<b>1 1/4 lbs. medium size shrimp, shelled and deveined</b>	<b>1 ripe avocado</b>
<b>4 tbsp. fresh lemon juice</b>	<b>1 ripe mango</b>
<b>4 tbsp. chopped fresh coriander or fresh basil</b>	<b>1 tbsp. butter</b>
<b>1 jalapeno pepper, cored, seeded and chopped fine</b>	<b>2 tbsp. olive oil</b>
<b>Salt and freshly ground pepper to taste</b>	<b>1 lg. sweet red pepper, cored, seeded and cut into 1/4 inch wide strips</b>
	<b>1 tbsp. finely chopped garlic</b>

In a mixing bowl, combine the shrimp, 2 tablespoons of the lemon juice, 2 tablespoons of the coriander, the jalapeno pepper, salt and pepper. Blend well. Cover with plastic wrap and let stand for 15 minutes.

Meanwhile, peel the avocado and the mango and remove the pits. Cut the flesh into 3/4 inch slices. Place in a bowl, add the remaining lemon juice and mix gently so that the flesh does not discolor.

Melt the butter and oil in a large nonstick skillet or frying pan over high heat. Add the red pepper and cook, stirring, for 30 seconds. Add the shrimp and the marinade. Cook, stirring for about 2 minutes. Add the avocado, mango and garlic, and add salt and pepper to taste. Cook and stir for 1 to 2 minutes. Do not overcook. Serve immediately, sprinkled with the remaining coriander. Yield: 4 servings.

## **SHRIMP WITH TOMATO SAUCE AND FETA CHEESE**

4 lbs. shrimp  
1 lg. tomato  
1 lg. carrot  
2 tsp. celery  
1 lg. onion  
1 c. olive oil

1/2 c. white wine  
1 tbsp. tomato paste  
1 lb. Feta cheese  
1 tsp. sugar  
Salt and pepper  
Dill for garnish

Make a concaisse by coring and peeling a large ripe tomato. Cut in half and squeeze over a bowl. Chop pulp into chunks. Remove from stove. Add chopped onion, carrot, celery and 2 tablespoons olive oil. Add white wine. Return skillet to stove and use a wooden spatula to mix. Process and strain to remove vegetables.

Cook shrimp in hot olive oil in a skillet. As they turn pink, spoon some of the tomato sauce on the shrimp. Saute 3 to 5 minutes.

Transfer shrimp into a cocotte (oven safe oval porcelain baking dish). Spoon sauce over and place feta cheese in a 5 spoke pattern on top. Bake for 15 minutes or until cheese is melted. Garnish with dill and serve. Serves 4.

## CAVATELLI AND BROCCOLI

2 cans stewed tomatoes  
2 lbs. Cavatelli pasta (frozen)  
6 cloves (whole) garlic  
1/4 lb. butter  
1/2 c. olive oil

Salt and pepper to taste  
1 lg. head of broccoli  
1 c. fresh grated Parmesan  
cheese  
1 can chicken broth (13 oz.)

In large skillet, melt butter in olive oil over low heat. Saute garlic cloves until slightly brown about 5 minutes. Add and shred with fork stewed tomatoes, salt and pepper and chicken broth. Simmer for 1/2 hour.

Wash broccoli. Cut off about 1 to 2 inches of stems and discard. Cut remaining broccoli stems, about 1/8 inch thick and separate flowerettes into small pieces. Set cut up broccoli aside.

About 15 minutes before serving, place frozen pasta into boiling water according to package directions. During the last four minutes of pasta cooking time, add broccoli to same pot of water with pasta. Continue cooking for 4 minutes at a rumbling boil. Drain pasta and broccoli together and place in large bowl or deep platter. Add heated tomato sauce and mix well. (NOTE: You may want to remove garlic cloves before mixing in a sauce!) Sprinkle with 4 tablespoons grated cheese and serve, preferably in individual pasta (soup like) bowls. Sprinkle remaining cheese as desired.

Serves 4 to 6 as main course or 10 to 12 as an appetizer or side dish. Sauce can be made ahead and reheated. Great for large groups and buffets.

*Ellen Wahl Skibiak '73*

## FETTUCINE AL LIMONE

3 tbsp. sweet butter  
2 tbsp. lemon juice  
1 tsp. chopped lemon zest

1 c. heavy cream  
Salt and white pepper to taste

Melt butter, add lemon juice and zest, and cook 30 seconds. Add cream, salt, and pepper and cook until reduced by half. Remove and set aside.

1 lb. dried fettucine, tagliatelle,  
or pappardelle

1/2 c. grated Parmesan cheese  
Slivered lemon zest for garnish

Boil pasta al dente and add it to skillet with cheese. Cook over medium heat, tossing gently, until warm.

*Wendy C. Weiler '71*

## FRESH AND EASY PASTA

Penne or some other cut pasta  
Fresh tomatoes  
Olive oil  
Cilantro  
Basil

Salt  
Pepper  
Optional Mozzarella cheese  
Parmesan cheese

Cook pasta as directed. While cooking: dice tomatoes, then marinate with olive oil. Add spices to taste, and optional Mozzarella. Toss hot pasta with sauce and add Parmesan cheese. Vinegar may be added to spark up taste as could crushed hot pepper.

*Blair Redd Barnes '89*

## CARBONARA CENTRAL PARK

1 lb. bacon, diced  
1 lg. green pepper, diced  
3 med. onions, diced  
1 lb. spaghetti  
1 lg. egg (or equivalent egg substitute)

1 c. freshly grated Parmesan or Romano cheese  
1 tbsp. freshly grated pepper

Dice the bacon by cutting contents of package in opposite direction to strips. Fry to crisp in large frying pan. Pour off fat. Add the green pepper and onion and cook until onion is translucent. Boil the spaghetti according to directions on package, then drain. In serving dish, combine it with the vegetables, the raw egg, 3 tablespoons of the cheese, and the pepper. Serve the rest of the cheese on the side.

*Susan Otis Thompson '52*

## PASTA PRIMAVERA

1 sm. onion, chopped	Cooking spray
1 garlic clove, chopped	4 tbsp. Lea and Perrins
1 c. broccoli florets	Worcestershire sauce (or
1 sm. zucchini, sliced	more to taste)
2 carrots, peeled and sliced	Salt and pepper to taste
1 sm. tomato, chopped	Parmesan cheese
1/2 c. fresh spinach, washed and stems removed	8 oz. Pasta, fettucini, linguini, etc. cooked

\*You may use any vegetables you like: mushrooms, cauliflower, asparagus, etc.

Spray non-stick skillet with cooking spray. Add garlic and onion and saute for 5 minutes. Add broccoli, carrots and 2 tablespoons Lea and Perrins. Stir and cover. Saute over low heat 10 minutes or until carrots and broccoli are tender crisp. Add tomato, zucchini, spinach (or any other desired vegetables), the remaining 2 tablespoons Lea and Perrins, salt and pepper. Cover and saute until veggies are tender, about 5 minutes. Remove from heat and toss with pasta. Sprinkle with Parmesan and serve. Also good mixed with 1/2 cup cottage cheese. It's very good, quick and easy. Enjoy. Serves 2.

*Denise K. Landau - Blind '88*

## **PASTA ROLL WITH TOMATO SAUCE**

**3 chopped scallions**

**1/2 lb. smoked ham, chopped**

Saute. Mix:

**1/4 c. Parmesan cheese**

**2 eggs**

**8 oz. cream cheese**

**Salt and pepper**

**1/2 c. Ricotta cheese**

Mix well and refrigerate until used. Spread onto a sheet of spinach pasta. If using premade pasta it should be parboiled so it can be rolled. Final edge is brushed with melted butter to seal. Roll into cheesecloth, tightly. Tie up with string and twist ends. Place in simmering chicken stock 25 minutes.

### **TOMATO SAUCE:**

**Minced shallots**

Make a bouquet garni of:

**Rosemary**

**Bay leaf**

**Thyme**

**Crushed white peppercorns**

Mix together.

**1 lb. tomatoes are blanched,  
placed into ice water then  
seeded and chopped**

Saute shallots 5 minutes. After 30 minutes Bouquet garni removed and mixture is processed.

Chopped chives garnish the slices of rolled pasta.



## **CRAB MEAT PASTA**

4 tbsp. olive oil  
1 hot green pepper like jalapeno,  
with seeds, chopped  
2 lg. cloves garlic, peeled and  
smashed  
3 leeks, cleaned, trimmed and  
chopped (about 3 cups)

4 med. sized blue crabs or other  
meaty hard crabs  
1/2 bottle dry white wine  
1/4 tsp. stem saffron  
1 lb. of spaghetti, linguine or  
pasta of choice

In a large pot or saucepan, heat the olive oil over medium high heat. Add the green pepper and garlic. Cook for 1 minute, stirring. Add the leeks and the crabs and stir for 2 minutes.

Add the wine. Cover and bring to a boil. Simmer for 8 minutes. Remove the crabs from the pot and let cool to room temperature. Add saffron to the cooking liquid, stir, and reserve.

Remove the meat and set aside in a warm place. Return any juices from the crabs to the pot. Cook the pasta in a large pot of salted boiling water. When al dente, drain well. Toss the pasta in the pot in which the crabs were cooked. Stir gently for 1 minute. Distribute pasta and sauce evenly in bowls. Garnish with crab meat. Yield: 4 servings.

*NY Times*

## **THE FENDI SISTERS' CHOICE: SPAGHETTI WITH CRAB SAUCE**

1 can crabmeat, drained  
2 oz. olive oil  
2 tbsp. white wine  
Salt, pepper  
2 tbsp. canned Italian peeled  
tomatoes, drained

1 lb. thin spaghetti (cooked al  
dente)  
1/2 stick unsalted butter  
3 tbsp. heavy cream  
Grated Parmesan cheese

Simmer crab meat in olive oil over medium heat. Add white wine, salt, pepper, tomatoes; simmer another 2 minutes. Place cooked spaghetti in heated bowl. Pour in crab mixture. Quickly add butter and cream. Add grated Parmesan cheese, salt, pepper to taste. Serves 2.

## **EASY THREE CHEESE LASAGNA**

16 oz. ricotta cheese	1/2 tsp. garlic powder
2 tbsp. dried parsley	4 c. (32 oz.) spaghetti sauce
2 tbsp. grated Parmesan cheese	8 uncooked lasagna noodles
1 tsp. dried basil	2 c. shredded Mozzarella cheese

In a medium bowl, mix together the ricotta cheese, parsley, Parmesan cheese, basil and garlic powder. Spread 1 1/3 cups spaghetti sauce over the bottom of 12 x 7 1/2 baking dish. Arrange 4 lasagna noodles over sauce.

Spread half the ricotta cheese mixture and 1 cup of Mozzarella over noodles. Spread another 1 1/3 cups spaghetti sauce, then the remaining 4 lasagna noodles, the remaining ricotta cheese mixture and the rest of the spaghetti sauce. Top with the remaining Mozzarella.

Bake uncovered 40 to 45 minutes. Let cool before cutting.

## PAGLIA E FLENO AU SAUMON

(STRAW AND HAY, ITALIAN STYLE, WITH SALMON)

1 1/2 lbs. skinless, boneless  
salmon fillets  
Salt to taste, if desired  
1/2 lb. dried, preferably  
imported, green noodle  
"nests" (see note)  
1/2 lb. dried, preferably  
imported yellow noodle  
"nests" (see note)  
8 tbsp. butter  
1/3 c. finely chopped shallots

1 sm. dried hot red pepper  
Freshly ground pepper to taste  
1/4 c. dry white wine  
1 c. heavy cream  
1/8 tsp. freshly grated nutmeg  
2 oz. imported red lumpfish  
caviar, preferably Danish,  
available in jars  
1/4 c. finely chopped basil  
1/4 c. finely chopped chives

Cut the salmon lengthwise into one and one half inch widths. Cut each piece on the bias into one and one half inch lengths. Set aside.

Bring about four quarts of water to a boil in a kettle and add salt to taste. Add the green and yellow noodles and bring to a boil, stirring. Cook to the desired degree of doneness. As the pasta cooks, heat half of the butter in a skillet and add the shallots and hot red pepper. Cook about 30 seconds, stirring.

Add the salmon pieces and cook about 45 seconds, stirring. Add the wine and cook about 45 seconds longer. Add salt and pepper to taste. Add the cream and when it returns to a boil, cook over high heat about 3 to 4 minutes. Add the nutmeg.

Drain the pasta and return it to the kettle. Add the remaining butter and toss. Pour the pasta onto a platter. Pour the salmon in sauce over the pasta. Add the caviar and toss gently. Sprinkle with basil and chives and serve. Yield: 4 to 6 servings.

NOTE: Noodle "nests" are available at most stores that carry imported pasta. One source in Manhattan is Dean and DeLuca.

*NY Times*

## "EASY" SPINACH LASAGNA

10 oz. pkg. frozen chopped  
spinach, thawed  
2 eggs  
1 lb. ricotta cheese

1 lb. Mozzarella cheese, diced  
40 oz. marinara sauce  
1 c. boiling water  
1 lb. uncooked lasagna noodles

Drain spinach and place in a large mixing bowl. Add eggs, ricotta cheese and diced Mozzarella cheese, mixing well. Grease lasagna baking dish 13 x 9 x 3. Spoon sauce into bottom of tray to cover bottom. Add one layer of uncooked lasagna noodles. Spread noodles with spoonfuls of cheese mixture. Add a thin layer of sauce. Repeat layering 2 or 3 times, ending with a layer of sauce. Add boiling water, pouring about 1/4 cup into each corner. Cover tightly with aluminum foil. Bake 1 hour at 350 degrees. Serves 8.

*Mary Beth Ashe '90*

## SPAGHETTI WITH TURKEY MEAT SAUCE

Vegetable oil spray  
1 lb. ground turkey  
1 (28 oz.) can tomatoes, cut up  
1 c. finely chopped sweet green  
pepper

1 c. finely chopped onion  
2 cloves garlic, minced  
1 tsp. dried oregano, crushed  
1 tsp. pepper  
1 lb. spaghetti

Coat a large skillet with vegetable oil spray. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano and pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.

Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.) Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with your favorite crusty, whole grain bread. Makes 6 servings.

## **SPA ANGEL HAIR PASTA WITH SCALLOPS**

This recipe is per serving. Into 1 teaspoon Canola oil place:

### **4 scallops**

Cook 2 minutes each side. Remove from skillet and reserve. To same skillet add:

2 cloves garlic, chopped  
2 tbsp. onion, chopped  
1 chopped tomato

1/2 c. canned Italian tomatoes  
2 tbsp. chopped fresh basil  
Juice of half an orange and zest

Cook:

1/4 lb. angel hair pasta

Add to skillet. Serve with scallops arranged atop pasta. Garnish with a sprig of basil and 2 mushrooms.

## **FARFALLE WITH BITTER GREEN AND SAUSAGE**

Farfalle is butterfly or bow tie pasta. Makes 4 servings.

2 tbsp. olive oil  
2 lg. onions, chopped  
6 Italian sausages, casings removed  
4 garlic cloves, minced  
1 lg. bunch broccoli rape, stems trimmed, cut crosswise into 2 inch pieces (about 4 cups)

2/3 c. whipping cream  
1 lb. Farfalle pasta  
3/4 c. freshly grated Romano cheese  
Salt and freshly ground pepper to taste  
Additional freshly grated Romano cheese

Heat oil in large heavy skillet over medium heat. Add onion and cook until soft, stirring occasionally, about 8 minutes. Add sausage which has been pulled apart into pieces and garlic. Cook until sausages are no longer pink, crumbling with a fork. Add broccoli rape and cook until just wilted, about 5 minutes. Add cream, boil until slightly thickened.

Meanwhile cook pasta until tender but still firm to bite. Drain well. Return pasta to pot. Mix in sauce and 3/4 cup of Romano cheese. Season with salt and pepper. Serve with additional grated cheese.

*Wendy Weiler '71*

## MEXICAN VEAL LOAF

This is the most delicious dish I've ever had. My mother discovered it when she started dieting at Weight Watchers many years ago. I don't believe they printed it in any cookbook, but instead gave the recipe out in little pamphlets at one of the meetings.

You can't really consider it a meat loaf because people who hate meat loaf, love it. Mexican Veal loaf is moist, juicy and a bit spicy. The recipe requires some time to prepare because of the number of ingredients necessary and all the chopping of vegetables required. But it's a "make ahead of time" dish which is convenient for parties; all you need to do at party time is cook it.

As a leftover, Mexican Veal Loaf is almost better than when it is first made because the spices have time to add more flavor.

- |  |                                    |
|--|------------------------------------|
| 1 c. chopped onions                                    | 1/2 c. tomato sauce                |
| 1 c. red and green peppers (1/2 c. red; 1/2 cup green) | 1/4 c. plain yogurt                |
| 2 minced garlic cloves                                 | 2 tbsps. chopped parsley           |
| 1 pkg. dry beef broth                                  | 2 tsp. Worcestershire sauce        |
| 15 oz. ground veal                                     | 1 tsp. chili powder                |
| 4 oz. Cheddar cheese, shredded                         | 1 dash white pepper                |
| 3/4 c. bread crumbs                                    | 1 tbsps. plus 1 tsp. vegetable oil |

Preheat oven to 375 degrees. Heat oil, add onions, peppers, garlic and dry broth; saute until onions are translucent. Combine all other ingredients in a bowl. Add sauteed ingredients to bowl shape into loaf. Bake 45 minutes.

*Helen W. Travis '74  
(Taken from Weight Watchers International)*

## VEAL SCALOPPINE MILANESE

8 fairly large scaloppine of veal, about 1 1/2 lbs.	1/3 c. flour
Salt to taste, if desired	2 c. fine fresh sifted bread crumbs
Freshly ground pepper to taste	1/2 c. freshly grated Parmesan cheese
1 egg, beaten	4 tbsp. butter
3 tbsp. water	1 lb. cooked spaghetti
1/4 to 1/2 c. plus 1 tsp. corn, peanut or vegetable oil	Fresh tomato sauce (see recipe)

Pound the scaloppine lightly without breaking holes in the flesh. Sprinkle both sides with salt and pepper.

Blend the egg, water, one teaspoon oil, salt and pepper in a flat dish. Put the flour in a flat dish. Combine the bread crumbs and Parmesan cheese in another flat dish.

Dip one piece of veal at a time in flour, shaking to remove excess. Dip in the egg mixture to coat well, then dip in the crumbs until well coated. Pat with the flat side of a heavy kitchen knife to make the crumbs adhere.

Heat about one quarter cup of oil in a skillet and cook as many scaloppine as the pan will hold without crowding. Cook about 2 minutes on one side until golden brown and turn. Cook about 2 minutes on the second side. As the pieces are cooked transfer them to a warm platter. Continue adding oil to the skillet and cooking the scaloppine until all are cooked.

Heat the butter in a clean skillet until it almost browns. Pour this over the veal. Serve with spaghetti and tomato sauce. Yield: 4 servings.

*NY Times*

## **GRITS CASSEROLE WITH SHRIMP AND ARTICHOKES**

### **CHEESE GRITS:**

**4 c. water, boiling**

**1/2 tsp. salt or to taste**

Slowly stir in:

**1 c. stone ground grits**

Simmer, stirring frequently until grits are done. Remove from heat stir in:

**4 tbsp. butter**

**Fresh nutmeg**

**1/4 tsp. white pepper**

**1 c. sharp Cheddar cheese or  
more to taste**

**Pinch or more of cayenne pepper**

Pour into a buttered 12 x 9 baking dish. Preheat oven to 350 degrees. Melt 3 tablespoons butter in a large skillet using medium heat. Add:

**1/4 c. sliced fresh white  
mushrooms**

**1 sm. chopped onion**

Saute until tender. Add:

**1 can (14 oz.) drained artichokes**

Heat through. Pour in 2 tablespoons dry white wine. Cook until evaporated, 2 to 3 minutes. Pour over grits. Sprinkle 1 cup cooked peeled shrimp.

### **WHITE SAUCE:**

Steep 2 cups milk with a thick slice of onion, a bay leaf, and a sprig of thyme together over medium low heat for 10 minutes. Strain and save milk. Wipe out pan and melt 3 tablespoons butter.

Add 3 tablespoons all purpose flour. Cook but do not brown. Whisk in the milk and slowly bring to a boil, stirring constantly. Simmer 5 minutes. Salt and pepper to taste. Pour over top of casserole.

Mix 1/4 cup fine dry bread crumbs, with 2 tablespoons freshly grated Parmesan cheese and sprinkle over white sauce.

Melt 1 1/2 tablespoons butter and drizzle over crumbs. Bake until top is lightly brown and the sauce is bubbly, approximately 20 minutes.



## VEAL WITH PEPPERS

1 1/2 lbs. veal scaloppini  
1 1/2 tbsp. olive oil  
1/2 c. plus 2 tbsp. Chardonnay  
white wine  
1 green pepper, grilled or  
roasted, peeled, seeded and  
diced  
1 yellow pepper, grilled or  
roasted, peeled, seeded and  
diced

1 red pepper, grilled or roasted,  
peeled, seeded and diced  
1/2 c. veal stock  
2 oz. nonfat evaporated skim  
milk  
2 tbsp. cornstarch

To make veal stock: Place veal bones (in a cheesecloth) place fresh oregano, bay leaf, cloves, and peppercorns, carrots, celery in 2 cups water. Add 1/2 cup wine and reduce until half of its volume. Strain and reserve.

Lightly brown thin veal slices, on each side, in 1 tablespoon olive oil with a splash of sesame oil. Add 1/2 cup white wine and deglaze pan. Empty pan and save these juices for later.

Add 1/2 tablespoon olive oil to pan and place in green, yellow and red diced peppers. Add veal stock. To peppers add 2 oz. nonfat evaporated skim milk. Add 2 tablespoons cornstarch mixed to liquid into about 1/8 cup Chardonnay wine. Mix thoroughly. Add meat back to sauce. Add freshly ground black pepper, salt, and fresh basil.

## BRAISED VEAL SHANKS

Salad oil	1 bay leaf
2 veal shank cross cuts, each	Salt
1 1/4 inches thick (about 2 lbs.)	Coarsely ground black pepper
1 med. size celery stalk, diced	4 sm. potatoes (about 8 oz.)
1 sm. onion, diced	1 tbsp. chopped parsley
1 (14 1/2 to 16 oz.) can stewed tomatoes	1 lg. carrot, coarsely shredded
1 garlic clove, minced	1 med. size zucchini (about 10 oz.), coarsely shredded

About 2 1/2 hours before serving: in 10 inch skillet over medium to high heat, in 1 tablespoon hot salad oil, cook veal shank cross cuts until well browned on all sides. Remove veal shanks to plate.

In drippings remaining in skillet and 1 more tablespoon hot salad oil, cook celery and onion until lightly browned. Return veal to skillet; stir in stewed tomatoes, minced garlic, bay leaf, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 2/3 cup water. Over high heat, heat to boiling, stirring to break up tomatoes. Reduce heat to low; cover and simmer 1 hour, stirring occasionally.

Peel and cut each potato in half. Stir potatoes into mixture in skillet; cover and cook 30 minutes longer, stirring occasionally, until veal and potatoes are fork tender. Remove skillet from heat; stir in chopped parsley.

Meanwhile, in 3 quart saucepan over medium high heat, in 1 tablespoon hot salad oil, cook carrot, zucchini, 1/2 teaspoon salt and 1/4 teaspoon pepper until tender crisp, about 3 minutes.

To serve, discard bay leaf. Arrange veal mixture on 2 dinner plates with vegetable mixture. Makes 2 servings.

## VEAL WITH MUSHROOMS A LA CREME

- |   |  |
|---|--|
| 1 1/2 lbs. veal cut into eight thin slices (scaloppine) | 2 tbsp. dry white wine                         |
| 3 tbsp. butter  | 1 c. heavy cream                               |
| 1 tbsp. finely chopped shallots                         | 8 thin slices prosciutto or boiled ham         |
| 1/2 lb. mushrooms, thinly sliced, about 3 cups          | 8 thin slices fontina, gruyere or Swiss cheese |
| Salt and freshly ground pepper to taste                 |  |

Pound the veal lightly with a flat mallet to make it thinner. Set aside.

Melt two tablespoons of butter in a saucepan and add the shallots. Cook briefly and add the mushrooms, salt and pepper to taste. Sprinkle with wine and cook about 10 seconds. Add the cream. Cook down over high heat until cream has a saucelike consistency, about 3 minutes. Set aside.

Heat the remaining one tablespoon butter in a heavy skillet and add the veal. Cook to brown lightly on one side, about two minutes. Turn and cook to brown on the other side, about 2 minutes.

Transfer the veal to a platter. Cover each slice of veal with a slice of prosciutto. It should be trimmed to fit the veal neatly or fold the slice over.

Spoon equal portions of creamed mushrooms on the ham. Arrange one piece of cheese on each serving. Run briefly under the broiler just until the cheese melts. Serve immediately. Yield: 4 servings.

## SCALOPPINE DI VITELLO BOLOGNESE

4 veal scaloppine, about one  
quarter pound each  
Salt and freshly ground pepper  
to taste  
1/4 c. flour  
1 egg  
2 tbsp. water  
2 c. fresh bread crumbs  
3/4 c. grated Parmesan cheese  
4 tbsp. vegetable, peanut or corn  
oil

1 tbsp. butter  
4 thin slices prosciutto or other  
ham  
4 to 8 slices fontina or gruyere  
cheese, about one third  
pound total weight  
8 thin slices white truffles,  
available where fine  
imported Italian foods are  
sold, including Manganaro's

Place the veal pieces one at a time between two sheets of plastic wrap and pound lightly with a flat mallet or the bottom of a heavy skillet. Sprinkle the meat with salt and pepper to taste.

Dredge the pieces on all sides with flour. Beat the egg with the water in a flat dish and add salt and pepper to taste. Coat the meat on all sides in egg, patting with the fingers.

Dip the meat in bread crumbs blended with Parmesan cheese to coat on all sides. Tap the sides lightly with the flat side of a heavy knife to help the crumbs adhere.

Heat the oil and butter in one or two skillets and add the pieces. Cook until golden brown on one side, about 3 to 5 minutes. Turn. Arrange the prosciutto neatly on top of each scaloppine. Cover the ham with cheese. Top each serving with two truffle slices. Cover the veal closely and let cook about 3 to 5 minutes or until veal is cooked through and cheese is hot and melted. Remove and serve. Yield: 4 servings.

## MEDALLIONS OF VEAL WITH LEMON CREAM SAUCE

8 sm. veal steaks (about 1 1/2 lbs.)	1/4 c. wine
1 c. veal stock	Salt and pepper
Juice of one lemon	8 button mushrooms for garnish
1 c. cream	Sprig dill for garnish
2 tbsp. chopped onion	1 tbsp. lemon zest
3/4 c. Morrel mushrooms	2 tbsp. butter

1 tablespoon butter is melted in a skillet, then remove skillet from heat. Add onions and mushrooms. Add red wine and lemon juice. Return to heat and reduce. When reduced by 2/3, add 1/2 cup cream. Mix, boil and reduce.

Ladle veal stock into a skillet over low heat. When veal stock simmers add remaining cream and reduce by half. Add 1 tablespoon butter to skillet and add salted and peppered veal to brown. When stock and cream is thickened, add lemon juice and wine mixture. Garnish with lemon zest. Serves 8.

## **COTES DE VEAU FOYOT**

**(VEAL CHOPS FOYOT)**

4 veal chops, about 3/4 lb. each  
Salt and freshly ground pepper  
to taste  
6 tbsp. butter, at room  
temperature

1/2 c. fresh bread crumbs  
1/2 c. freshly grated Parmesan  
cheese  
2 tbsp. finely chopped shallots  
1/4 c. dry white wine

Preheat the oven to 400 degrees. Sprinkle the chops on both sides with salt and pepper.

Heat two tablespoons of butter in a heavy skillet and add the chops. Cook over high heat until golden brown on one side, about 2 minutes. Turn the chops and cook 2 minutes longer or until golden brown on the other side. Transfer the chops to a platter and keep warm.

Meanwhile, blend the bread crumbs, cheese and remaining four tablespoons butter with the hands, until thoroughly worked together and blended. Divide the mixture into four portions of equal size.

Sprinkle the shallots over the bottom of the skillet in which the chops cooked. Return the chops to the skillet. Work the bread crumb mixture into flat sheets to fit the top of each chop. Place on the tops of the chops.

Pour the wine around the chops. Place, uncovered, in the oven and bake about 10 minutes until tops are appetizingly brown. Place a layer of foil on top, letting it rest loosely over the veal. Return to the oven and continue baking about 20 minutes.

When ready to serve, do not spoon the sauce over the veal. Spoon it around the veal. Yield: 4 servings.

## **OSSOBUCCO**

2 stalks celery, diced  
1 lg. carrot, diced  
1 oz. porcini mushrooms  
1 c. chicken broth  
2 tbsp. parsley, chopped

Ossobucco (6 veal shanks)  
3 tbsp. olive oil  
2 tbsp. butter  
1 c. dry marsala wine  
1 c. tomato sauce

Before beginning, soak dried porcini in 2 cups water (also used in sauce). Dredge shanks in flour. Brown in hot olive oil on both sides. Remove meat from pan and set aside. Add celery, carrot, and mushrooms to skillet and brown vegetables. Add 1 cup broth, 1 cup tomato sauce and 1/2 cup of liquid from porcini mushrooms. Bring to a boil.

Place meat back in skillet and cover. Place in 350 degree oven until rest of dinner is ready, about an hour. Stir a couple of times during cooking. Serves 4.

## **OSSOBUCCO**

4 veal shanks (about 10 oz. each)  
1/2 c. flour, for dredging  
2 tbsp. olive oil  
6 garlic cloves (smashed but whole, so they can be removed and not served)  
2 c. stock (chicken or veal)

3/4 c. dried cranberries (or dried cherries)  
2 tbsp. fresh thyme, chopped (or 2 tsp. dried)  
2 tsp. pepper  
Salt to taste, added at the end

Brown dredged shanks on all sides in the olive oil. Add remaining ingredients to skillet. Place skillet in oven and bake at 350 degrees for 1 to 1 1/2 hours, until tender. Raise heat after one hour if meat is not getting tender. Serve with risotto, couscous or rice.

## **VEAL STUFFED WITH CANADIAN BACON AND APPLES**

Place

**5 oz. spinach** (cleaned and stalk  
removed)

in a steamer and cover.

**Loin of veal**

Remove from bones (bones are saved to make veal stock, recipe page 404). Make a pocket. Pound flattened piece of meat to tenderize.

Place 1 tablespoon oil in a skillet:

**1/16 part sesame oil to 15/16  
olive oil**

Pass through a mincer:

**1 onion  
1 red pepper**

**1 green pepper  
5 mushrooms (1/3 cup)**

Add minced vegetables to skillet and then add:

**Salt and pepper  
1 apple, peeled, cored and diced**

**10 oz. Canadian bacon thinly  
sliced**

Remove from heat and add:

**2 beaten eggs**

to bind. Spread veal with:

**Dijon mustard  
Vegetable mixture**

**Steamed patted dry spinach**

Roll up. Place elastized stockinette around a tin can. Place rolled veal inside can and shake to remove can. Roast at 375 degrees for one hour.

Deglaze pan with 1 cup apple juice and 2 tablespoons orange juice. Mix 1 tablespoon arrowroot with a little veal stock and add, and boil. Add



veal stock. Serve with small redskinned boiled potatoes and sugarsnap peas.

*Graham Kerr*

## **VEAL ROULADE**

4 thin slices veal scaloppini  
Freshly ground black pepper,  
vegetable seasoning  
2 tsp. dried sweet basil  
1 c. fresh spinach, cooked,  
drained and chopped  
2 oz. Monterey Jack cheese,  
grated

Nutmeg and pine nuts to taste  
1 to 2 tbsp. sesame seed or  
safflower oil  
1/4 c. dry vermouth  
1 tbsp. fresh lemon juice  
2 to 3 tbsp. corn oil margarine  
1 tbsp. grated Parmesan or  
Romano cheese

Pound veal with cleaver. Season with pepper, vegetable seasoning and basil. Preheat oven to 350 degrees. Heat spinach with jack cheese and nutmeg until cheese is melted. Remove from heat. Spread each scaloppini with spinach mixture. Sprinkle with pine nuts and roll up, securing with toothpicks. Heat oil in heavy skillet. Brown meat on both sides, cover and bake about 10 minutes. Remove veal from pan, also removing toothpicks. To same pan add vermouth and lemon juice. Reduce for 2 to 3 minutes. Add margarine, stir until melted. Return veal to pan and roll in juice. Sprinkle with remaining cheese. Serves 4.

## VEAL PICCATA

Excellent for people who are in love, or if you want a lasting relationship...start here!

1 lb. thinly cut veal scaloppine	1/2 lemon
3 tbsp. flour	1/2 c. dry white wine
4 tbsp. butter	Fresh parsley
1/2 lb. fresh mushrooms, sliced	Lemon slices

Cut veal slices into serving pieces, then coat each piece with flour. Heat butter in skillet until it sizzles. Add veal and cook over high heat until lightly browned on both sides. Add sliced mushrooms and saute until brown.

Squeeze lemon over veal in pan, then add wine, swoosh everything around in pan, and cook 1 minute more.

Arrange veal on serving platter, garnish with parsley sprigs and round lemon slices. Serves 4.

Serve linguine with oil and garlic with this type of veal. Reminder: chicken breasts cut thin and pounded even thinner between wax paper are a great veal substitute.

Tip: remove veal when you cook mushrooms then put it back in the pan.

*Wendy Weiler '71*

## VEAL STEW HUNTER'S STYLE

### (BOCCONCINI DI VITELLA ALLA CACCIATORA)

An earthy, Roman dish you won't find in a Michelin-starred restaurant. The classic combination of garlic, wine and rosemary is as old as the Mediterranean, a taste as genuine as fresh water.

- |  |   |
|--|---|
| 1 1/4 lbs. veal stew meat in bite sized pieces | Freshly ground black pepper                         |
| 1/4 c. olive oil                               | 1/3 pod small, dried, hot red pepper                |
| 1 bottle (750 ml) dry white wine               | 1/3 c. wine vinegar                                 |
| 2 cloves fresh garlic                          | 2/3 c. dry white vermouth (or remaining white wine) |
| 30 to 40 leaves fresh rosemary                 |   |
| Salt   |   |

Saute veal in oil over high heat. When the meat turns white, lower heat and add white wine to almost cover the veal (approximately 3/4 of the bottle). Add one clove crushed garlic, a few rosemary leaves, salt as desired, a little black pepper and the red pepper (no more than one third pod!). Simmer covered, over low heat for about one and one half hours until veal is tender. (Add more wine if some boils away during simmering.) Meanwhile, prepare a sauce of one third cup vinegar and two thirds cup vermouth or dry white wine, a crushed garlic clove, twenty to thirty rosemary leaves and pinch of pepper. When the meat is cooked, pour sauce in with the veal and boil 3 to 4 minutes. Remove veal onto plates with a slotted spoon. Continue to boil down the sauce for a few minutes and serve on the side (after removing and discarding the garlic cloves and red pepper). Make sure you have plenty of crusty, Italian bread to sop up the delicious sauce.

Mashed potatoes provide the perfect contrast for this dish, something strong, something delicate, while Brussels sprouts, the tiniest you can find, are ideal as the vegetable obbligatoro. Offer your guests an Italian Chianti Classico Riserva or other robust red wine. Serves 4.

*Louise Mellor Gault '96*

## VEAL WITH VINO BIANCO AND FORMAGGIO

2 lbs. veal: either rib or loin chops, veal blade or shoulder steak	3/4 c. white wine 1/2 c. freshly grated Parmesano 1 tsp. cornstarch
2 cloves garlic	8 oz. Muenster cheese
3 tbsp. fresh (or 3 tsp. dried) Italian seasonings: basil, oregano, rosemary, etc.	Parsley and lemon zest for garnish

Wash, trim and tenderize veal (either by pounding with a mallet or by sprinkling with meat tenderizer and then piercing with a fork).

Season with salt (omit salt if you used tenderizer as it contains salt), pepper, minced garlic, and Italian herbs. Sear quickly in a skillet on both sides in 1 teaspoon olive oil to seal in natural juices.

If skillet can go into the oven, keep using it, otherwise place veal into a baking dish. Sprinkle veal rather heavily, almost like breading, with Parmesan cheese. Place under broiler until golden (about 2 minutes). Remove from broiler and drizzle white wine onto softened Parmesan. It should absorb the wine like a sponge. Place back under broiler about 3 minutes.

Turn off broiler. Place veal into oven at 350 degrees for about 10 minutes. Place a slice of Muenster on top of each veal serving.

Place veal back under broiler until cheese is bubbly. Remove veal to serving platter. Place the cornstarch into 1 tablespoon wine and liquify. Add to pan juices along with lemon zest on top of stove (consolidating baking dish and skillet juices if you changed) and pour over veal to serve. Garnish with parsley. Serves 4 generously.

*Ellen Weintraub '71*

## LEMON CHICKEN WITH THYME

3 tbsp. flour  
1/2 tsp. salt  
1/4 tsp. pepper  
4 skinless, boneless chicken  
breast halves (1 lb. total)  
2 tbsp. olive oil  
1 med. onion

1 tbsp. margarine  
1 c. chicken broth  
3 tbsp. lemon juice  
1/2 tsp. thyme  
Lemon wedges (optional)  
2 tbsp. chopped parsley  
(optional)

In a plastic or paper bag, combine the flour, salt and pepper and shake to mix. Add the chicken and shake to coat lightly. Remove the chicken and reserve the excess seasoned flour.

In a large skillet, warm 1 tablespoon of the oil over medium heat. Add the chicken and brown on one side, about 5 minutes. Add the remaining 1 tablespoon oil, turn the chicken and brown well on the second side, about 5 minutes longer. Transfer the chicken to a plate and set aside.

Coarsely chop the onion. Add the margarine to the skillet. When the margarine melts, add the onion and cook, stirring, until softened, 2 to 3 minutes. Stir in the reserved seasoned flour and cook, stirring until the flour is completely incorporated, about 1 minute. Add the broth, 2 tablespoons of the lemon juice and the thyme and bring the mixture to a boil, stirring constantly.

Return the chicken to the skillet, reduce the heat to medium to low and cover the skillet. Cook until the chicken is tender and opaque throughout, about 5 minutes. Divide the chicken among 4 plates. Stir the remaining 1 tablespoon lemon juice into the sauce in the skillet and pour over the chicken. Serve the chicken with lemon wedges and a sprinkling of parsley, if desired. Serves 4.

*Wendy C. Weiler '71*

## CHICKEN "DEVINE"

- |  |                                       |
|--|---------------------------------------|
| 1 lb. skinned, boned chicken breasts, cut into 1 inch pieces                       | 1 chicken bouillon cube               |
| 2 tbsp. butter or margarine  | 1 1/2 c. dry Minute rice              |
| 1 c. milk  | 1/2 c. mayonnaise                     |
| 1 pkg. asparagus cuts or broccoli florets, thawed (can use fresh, cooked slightly) | 1/4 c. grated Swiss or Cheddar cheese |

Saute chicken in butter in large skillet (about 5 minutes). Add milk, water, vegetable, bouillon cube, bring to a full boil. Stir in rice, cover, remove from heat. Let stand 5 minutes. Stir in mayonnaise and cheese. Serve immediately. Serves 4.

*Julia Arnold Morey '63*

## SUDDEN SUCCESS CASSEROLE

Preheat oven to 325 degrees. Mix together in large bowl:

- |  |   |
|--|---|
| 2 cans (undiluted) Campbell cream of chicken soup or Campbell cream of mushroom soup | 2 c. finely chopped celery                            |
| 2 c. diced cooked chicken  | 1/2 c. finely chopped onion                           |
|  | 1 lg. can Chinese noodles, added on top before baking |
|  | 1/2 c. cashews, if desired                            |

Pour into casserole dish, with lid or covered with foil. Heat for approximately 45 minutes until thoroughly cooked. Serves 4 or more. Great Sunday supper dish with a light dessert.

*Jeanne Weiler*

*Mother of Wendy '71, Pamela '79 and Patricia '76*

## EASY CHICKEN DIVAN

2 (10 oz.) pkg. frozen broccoli	1 tsp. lemon juice
2 c. cooked chicken, or 3 breasts cooked and boned	1/2 tsp. curry powder
2 cans cream of chicken soup	1/2 c. sharp American cheese
1 c. mayonnaise	1/2 c. bread crumbs
	1 tbsp. butter

Cook broccoli until tender. Drain. Arrange in greased 12 x 8 baking dish. Place chicken on top. Combine soup, mayonnaise, lemon juice, and curry. Pour over chicken. Sprinkle with cheese. Combine bread crumbs and butter. Sprinkle over all. Bake at 350 degrees for 25 to 30 minutes or until thoroughly heated. Makes 6 to 8 servings.

*Wendy C. Weiler '71*

## SUMMER FAVORITE

Poached chicken breasts, 1	Tomatoes
breast (supreme) per person	Mozzarella cheese
Vinaigrette	Scallions

Marinate poached chicken breasts that have been "pulled" or cut into strips in vinaigrette. Slice tomatoes and cheese. Arrange on platter artfully. Sprinkle with scallion greens. Serve with extra vinaigrette and salt sticks. This can also be done with steak.

*Blair Redd Barnes '83*

## CHICKEN BREASTS VERONIQUE

- |  |  |
|--|--|
| 1 3/4 lbs. skinless, boneless<br>chicken breasts | 1 1/2 tbsp. finely chopped<br>shallots |
| 1/2 c. fresh or canned seedless<br>grapes        | 1/2 c. dry white wine                  |
| 3 tbsp. butter                                   | 1 1/2 c. heavy cream                   |
| Salt and freshly ground pepper<br>to taste       |  |

Trim off all traces of fat, white membranes and so on from the chicken breasts. Place the pieces on a flat surface, and using a flat mallet, pound them lightly. Using a sharp knife, cut the breasts into half inch strips. There should be about three cups.

If canned grapes are used, drain them and set aside. If fresh grapes are used, remove the stems. Rinse and drain well. Set aside.

Heat the butter in a large, heavy skillet, and when very hot but not brown add the chicken breasts. Sprinkle with salt and pepper. Cook over high heat, stirring constantly so that the pieces cook evenly. Cook just until pieces lose their raw look and are barely cooked through, about 3 to 5 minutes.

Using a slotted spoon, transfer the pieces to another skillet. Add the shallots to the skillet. Cook briefly, stirring, and add the wine. Cook over high heat, shaking the skillet and stirring. As juices accumulate around the chicken pieces in the second skillet, drain them into the cooking liquid. When the wine has cooked down by half, add the cream. Cook over high heat.

If fresh grapes are available, add them to the sauce. Cook over high heat about four or five minutes or until the cream mixture takes on a saucelike consistency. Add salt and pepper to taste. If canned grapes are used, add them for the last minute of cooking, just to heat through.

Spoon the chicken into the sauce and heat through. If desired, pack curried rice into a buttered round mold just large enough to hold it. Unmold onto a round platter. Spoon the chicken and grapes around and serve. Yield: 4 servings.

*NY Times*



## **SUPREMES DE VOLAILLE CORDON BLEU**

(Deep-fried ham and cheese stuffed chicken breasts)

### **FILLING:**

1/4 lb. boiled ham, about 1/4  
inch thick, cut into 6  
rectangles that measure  
about 1 x 3 inches

1/4 lb. shredded gruyere or  
Swiss cheese, about 1 1/2  
cups

### **THE CHICKEN BREASTS:**

3 whole or 6 halved chicken  
breasts, 3 to 4 lbs. with bone  
in or about 2 to 2 1/2 lbs.  
already skinned and boned

Salt and freshly ground pepper  
to taste

### **THE BREADING:**

2 lg. eggs  
1/4 c. water  
1/2 c. flour

3 c. bread crumbs  
Peanut, vegetable or corn oil for  
deep frying

Shred the cheese and cut ham for the filling and have the ingredients ready. Prepare the chicken breasts for stuffing. Place the chicken breasts between sheets of plastic wrap and pound lightly with a flat mallet to make them larger. Sprinkle the chicken breasts with salt and pepper.

Spoon one tablespoon of shredded cheese in the center of each chicken breast. Cover with one rectangle of ham. Spoon another tablespoon of cheese on top of each piece of ham. Fold the edges of the chicken breasts over to enclose the filling. Place the stuffed chicken breasts briefly in the freezer before breading them.

Beat the eggs with the water in a flat container. Dip the stuffed chicken breasts first in flour to coat well, then in the egg mixture, coating all over. Finally, roll them in bread crumbs.

Cook in deep fat until golden brown and cooked through, 10 minutes, more or less, depending on the size of the stuffed pieces. Yield: 6 servings.

*NY Times*

## **SUPREMES DE VOLAILLE A LA KIEV**

(Deep-fried butter-stuffed chicken breasts)

### **FILLING:**

1/4 to 1/2 lb. butter  
1 to 2 tbsp. chopped chives

Salt to taste

### **CHICKEN BREASTS:**

3 whole or 6 halved chicken  
breasts, 3 to 4 lbs. with bone  
in or about  
2 to 2 1/2 lbs. already skinned  
and boned

Salt and freshly ground pepper  
to taste

### **THE BREADING:**

2 lg. eggs  
1/4 c. water  
1/2 c. flour

3 c. bread crumbs  
Peanut, vegetable or corn oil for  
deep frying

Cream the butter with the chives. If unsalted butter is used, beat in salt to taste. Chill briefly. If the chicken breast pieces are small, use the lesser amounts of butter and chives. If quite large, use the greater amounts.

Prepare the chicken breasts for stuffing. Place the chicken breasts between sheets of plastic wrap and pound lightly with a flat mallet to make them larger. Sprinkle the chicken breasts with salt and pepper.

Add about one and one half to three tablespoons of filling to the center of each opened-up chicken breast. Fold the edges over to enclose the filling. Place the stuffed chicken breasts briefly in the freezer before breading them.

Beat the eggs with the water in a flat container. Dip the stuffed chicken breast first in flour to coat well, then in the egg mixture, coating all over. Finally, roll them in bread crumbs. Cook in deep fat until golden brown and cooked through 10 minutes more or less, depending on the size of the stuffed pieces. Yield: 6 servings.

*NY Times*

# **SUPREMES DE VOLAILLE AU PATE DE FOIE**

(Chicken breasts stuffed with liver pate)

## **FILLING:**

1/2 lb. chicken livers	Salt and freshly ground pepper
3 tbsp. butter	to taste
2 tbsp. coarsely chopped shallots	1 tsp. sage
1/4 lb. thinly sliced mushrooms,	2 tbsp. cognac
about 1 1/2 cups	

## **THE CHICKEN BREASTS:**

3 whole or 6 halved chicken breasts, 3 to 4 lbs. with bone in or about 2 to 2 1/2 lbs. already skinned and boned	Salt and freshly ground pepper to taste
---	--

## **THE BREADING:**

2 lg. eggs	3 c. bread crumbs
1/4 c. water	Peanut, vegetable or corn oil for deep frying
1/2 c. flour	

Pick over the chicken livers to remove any tough connecting membranes. Heat the butter in a skillet and add the shallots, tossing until they start to become lightly golden. Add the chicken livers and cook, tossing and stirring about 2 minutes. Add the mushrooms, salt, pepper and sage. Cook stirring, about three or four minutes. Add the cognac and remove from the heat.

Put the chicken liver mixture through a food grinder or a food processor to blend. Let cool slightly. Prepare the chicken breasts for stuffing. Place the chicken breasts between sheets of plastic wrap and pound lightly with a flat mallet to make them larger. Sprinkle the chicken breasts with salt and pepper.

Add about 3 tablespoons of the filling to the center of each opened up chicken breast. Fold the edges over to enclose the filling. Place the stuffed chicken breasts briefly in the freezer before breading them.

Beat the eggs with the water in a flat container. Dip the stuffed thickened breasts first in flour to coat well, then in the egg mixture, coat-

ing all over. Finally, roll them in bread crumbs. Cook in deep fat until golden brown and cooked through, 10 minutes, more or less, depending on the size of the stuffed pieces. Yield: 6 servings.

*NY Times*

## **CHICKEN ORZO**

**2 tins chicken broth**  
**3 hanks parsley**  
**2 tbsp. rosemary**

**2 bay leaves**  
**1 clove garlic**

Simmer 10 minutes. Into another saucepan place:

**1 tsp. oil**  
**1 onion, diced**  
**2 cloves garlic, finely chopped**

**2 tbsp. parsley, finely chopped**  
**2 tbsp. basil, finely chopped**  
**1 tbsp. rosemary, finely chopped**

Add 1/2 of herbs on top of onions (reserve other half). Add 1 cup white wine, 1/8 teaspoon salt, crushed black pepper. Add chicken stock. Add 1 1/2 cups orzo, stir. Cook 25 minutes. Cut into thin strips

**12 oz. chicken breast (3 oz. per person)**

Into a skillet, place:

**1 tsp. oil**

**1 sweet red pepper, julienned**

Add the chicken and toss 3 1/2 to 4 minutes. Add other half of chopped herbs. Toss all together well to combine. Garnish with freshly grated Parmesano reggiano, green peas around the edge, freshly ground pepper and a fresh sprig of basil for the top.

## CHICKEN BREASTS MILANESE

2 chicken breasts about 3/4 lb. each	1 c. fine fresh bread crumbs
2 tbsp. flour	1/4 c. freshly grated Parmesan cheese
1 lg. egg	1 tbsp. butter
2 tbsp. water	
4 tbsp. plus 1 tsp. peanut, vegetable or corn oil	

Split chicken breasts in half down center. Trim neatly to remove peripheral membranes and bits of fat. Put flour on a plate.

Put eggs, water, 1 teaspoon oil, salt and pepper in another plate and beat well to blend. Put bread crumbs and cheese in another plate and blend well. Dip chicken, one piece at a time first in flour, then in egg mixture and finally bread crumbs. Make sure that the pieces are well coated. Pat lightly with flat side of knife to make sure crumbs adhere well.

Heat remaining four tablespoons oil and 1 tablespoon butter in a skillet large enough to hold chicken pieces in one layer. Add chicken pieces and cook over gentle heat until golden brown on one side, about 7 minutes.

Turn pieces and cook until golden brown on other side, 5 to 7 minutes. Makes 4 servings.

## CHICKEN AL'ORANGE

Rub Roaster with salt, pepper and ginger. Roast in 350 degree F oven 1 hour. Combine grated rind and juice of

1 orange	1/4 cup each honey and sherry
----------	-------------------------------

Pour over roaster. Finish roasting, basting often with pan juices, about 20 minutes per pound total. Serve with skimmed sauce.

### MEAL 2:

Arrange sliced roaster meat with orange sections on serving platter. Add thin red onion rings, black olives. Serve with French dressing.

### MEAL 3:

Dice remaining roaster meat; toss with your favorite coleslaw or potato salad.

## PATRICK O'CONNELL'S SCALOPPINE OF CHICKEN WITH GINGER

4 chicken breast halves  
3 or 4 tbsp. sweet butter  
1 c. chicken stock  
6 tbsp. dry white wine  
1/2 c. creme fraiche  
1/2 c. fresh grapefruit juice  
Salt and white pepper to taste  
1/2 tsp. chopped fresh ginger

Sections from 1 pink grapefruit,  
membrane removed  
1 1/2 tbsp. slivered candied  
ginger  
1 1/2 tbsp. slivered candied  
grapefruit peel (see recipe)  
2 tbsp. chopped fresh chives

Pound the chicken breasts almost paper thin. Saute quickly in butter in very hot pan, about 30 seconds on each side, just until meat takes on a little color. Repeat, if necessary. Set breasts aside and keep warm.

Deglaze pan with stock and wine. Reduce by half. Add creme fraiche and grapefruit juice and reduce to consistency of very heavy cream. Add salt, pepper and ginger. Meanwhile heat grapefruit sections briefly under broiler.

Spread a pool of the sauce on each of four plates and lay chicken breasts on top. Arrange grapefruit sections over chicken. Sprinkle candied ginger and grapefruit peel over the sections. Sprinkle on chives. Yield: 4 servings.

## CANDIED GRAPEFRUIT PEEL

Peel from one grapefruit, pith removed, cut in thin julienne strips	1/2 c. sugar 1/4 c. water
---	------------------------------

Cover the peel with water and bring to boil. Boil 15 minutes. Drain and cover with water again. Boil 10 minutes. Drain and taste; if it is not too bitter, it is not necessary to boil it again; otherwise boil 10 more minutes. Drain well.

Combine peel with sugar and water and cook over high heat until the liquid has evaporated almost completely. Do not let sugar caramelize. Remove peel from pan and drain on wire rack over wax paper.

## STUFFED CHICKEN BREASTS

3 slices bacon, diced  
3 shallots  
2 cloves garlic, crushed  
Granny Smith apple, diced

1 tbsp. olive oil  
1/3 c. cheese, grated (Gouda,  
Parmesan or White Cheddar)  
4 boneless chicken breasts

Brown diced bacon in a skillet and set aside. In a clean skillet, place the olive oil and add shallots, garlic. Add apple. Add bacon, then set aside until cool enough to touch.

Add cheese, salt and pepper. Make a pocket in chicken breasts, place stuffing in a pastry bag (without a tip) and pipe into chicken breast pockets. Place skin side down in an oiled skillet to brown. Turn when golden. Then place in oven to finish roasting, about 10 minutes. Slice on an angle to show off stuffing and garnish with parsley and grated cheese.

## LEMON-FLAVORED ROAST CORNISH HENS WITH GRAPES

One large Cornish hen will feed two people of normal appetite. But if you are entertaining someone of Superman stature, or if you feel it's more festive to be lavish, allow a whole hen per person. (This recipe also can be used with chicken.)

2 Cornish hens, about 1 1/2 lbs.  
each

1/2 c. fresh lemon juice

Salt and pepper

2 Cornish hen livers, briefly  
sauteed and chopped

1 c. cooked rice

2 tbsp. butter, melted

1/2 c. crushed walnuts

1/4 c. raisins

1 c. seedless grapes

Brush cavities of hens with some of the lemon juice, then season with salt and pepper. Combine remaining ingredients (except grapes), stuff and sew up. Brush all over with more lemon juice. Roast in covered pan, breast side down, in a 300 degree oven for 1 hour, basting with lemon juice very 20 minutes. Then roast, uncovered, breast side up, in a 350 degree oven for a further hour, basting every 20 minutes with remaining lemon juice and pan drippings. Add grapes to drippings for final 5 minutes. Makes 2 to 4 servings.

## WILD DUCK WITH FIGS

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 2 mallard ducks, trussed, about 1 | 1 c. dry white wine              |
| 3/4 lbs. each with necks,         | 1 c. chicken broth               |
| livers, hearts and gizzards       | 2 tbsp. sugar                    |
| Salt to taste if desired          | 1 tbsp. red wine vinegar         |
| Freshly ground pepper to taste    | 1 c. (12 to 24) dried figs or    |
| 1 tsp. corn, peanut or vegetable  | figlets                          |
| oil                               | 1 tbsp. quetsch (white plum eau  |
| 1/2 c. finely chopped onion       | de vie), kirschwasser or         |
| 2 tbsp. finely sliced shallots    | Cognac                           |
| 1/3 c. finely diced carrots       | 1/2 tsp. arrowroot or cornstarch |
| 1/2 c. finely chopped celery,     | 1 tbsp. butter                   |
| including a few chopped           |                                  |
| leaves                            |                                  |

Preheat oven to 450 degrees. Sprinkle ducks inside and out with salt and pepper. Sprinkle necks, livers, hearts and gizzards with salt and pepper. Rub all over with oil. Place ducks, back side down, in baking dish in which they fit closely without touching. Scatter necks, livers, hearts and gizzards around them.

Place in oven and bake 30 minutes. Remove from oven. Transfer to warm platter. Cut string. Pour and skim fat from baking dish. Add onion, shallots, carrots and celery. Cook, stirring, until wilted.

Add wine and stir to dissolve brown particles that cling to dish. Cook about a minute and turn off heat. When ducks are cool enough to handle, slice off wings and set aside. Cut off thighs and legs. Separate legs from thighs. Remove and discard skin from thighs. Add thighs to saucepan and set aside.

Chop wings and legs into 1 inch pieces. Add chopped wings and legs to second saucepan. Scrape vegetables and cooking liquid into second saucepan. Cook down over high heat 2 minutes. Add broth and bring to a boil. Let cook over high heat 10 minutes.

Slice breast meat from each duck to produce 4 whole pieces. Remove and discard skin. Add breast meat to saucepan containing thighs. Set aside. Cover, keep warm, but do not heat.

Put sieve in saucepan and add sauce with solids. Strain; discard solids. There should be about 1 1/2 cups.

Use small, heavy saucepan and add sugar and vinegar. Cook this down, watching carefully until vinegar evaporates. Cook until sugar is caramel-colored. Do not burn. Add sauce. Add figs. Bring to boil and let cook over high heat about 5 minutes.

Blend quetsch and arrowroot and stir into simmering sauce. Swirl in butter. Pour sauce over thighs and breast meat and serve with rice. Yield: 4 servings.



## GREEK YOGURT CHICKEN

Marinate chicken slices into yogurt, garlic, oregano and lemon juice. Heat in a skillet for about 5 minutes. Place in an oven dish. Crumble feta cheese on top and place in oven.

## MINESTRONE

(My Version is More Stew than Soup)

- |   |   |
|---|---|
| 1 lg. double breast of chicken on the bone          | 3 or 4 med. potatoes, large dice            |
| 1 lg. can Italian tomatoes (imported) without puree | 1 stalk celery, chopped                     |
| 1 lb. bag carrots, in chunks                        | 1 c. cabbage, chopped                       |
| 3 cloves garlic (at least)                          | 3 sm. zucchini, chopped                     |
| 2 or 3 onions, diced                                | 1 lb. can white Italian beans               |
|   | 1/2 pkg. frozen cut green beans (cut again) |

Amounts of various vegetables and meat could vary according to preference and what larder has to offer.

Boil chicken ahead in fair amount of water with 2 chicken bouillon cubes added. Cool and defat broth. Remove large pieces of chicken from bone and cut in chunks. Put back in refrigerator to be added to minestrone at very last minute. Strain bones out of broth and add broth and small shreds of chicken to large pot. Add tomatoes (squashed with hand) and juice to broth in pot. Add carrots, onions and garlic to pot and cook about 1/2 hour. Then add diced potatoes, green beans, celery and cabbage. Cook until all these vegetables are done. Then add zucchini and cook until barely done. All this can be done a day ahead. Reheat before serving and add cooked white beans (rinsed if canned), then reserved chunks of chicken breast. Seasonings: salt, pepper, pinch each of marjoram and thyme.

NOTE: If desired you may add some small pasta shells which have been cooked separately al dente. I prefer without pasta since minestrone gets better as it's reheated but pasta will get mushy.

NOTE: Vegetables never to include: broccoli, cauliflower and green peas.

Serve with hot biscuits, corn bread or garlic bread and a good dessert and it makes a hearty delicious meal. Useful when travelers are expected or anytime mealtime is uncertain.

*Anne Woods Guzzardi '44*

## OBENTO CHICKENBURGERS

- |   |  |
|---|--|
| 1 pkg. ground chicken<br>(approximately 1.3 lbs.)   | 2 tbsp. soy sauce  |
| 3 c. hot, freshly cooked rice<br>(preferably Japanese), 3 cups<br>cooked equals approximately<br>1 1/2 cups dry rice) | 1 tbsp. dry sherry, white wine or<br>sake                |
|   | 1 tbsp. fresh grated ginger or<br>mashed in garlic press |
|   | Sesame oil   |

Mix soy sauce, sherry and ginger in a large bowl. Fold in ground chicken with a fork. Fold in cooked rice with a fork. Do not overmix. Heat small amount of oil in non stick pan. Form the chicken-rice mixture into patties by gently pressing them against the side of the bowl with a spatula. Place them in hot oil and brown on both sides. Check for doneness before serving. Add a little more oil for next batch. Serve with soy sauce.

NOTE: This recipe was named after the Japanese Obento which means boxed lunch. These burgers are delicious cold in a lunch box with a little soy sauce.

Also, the hot rice may be substituted with reheated cold rice or even fried rice leftover from a take out. Just set it on a steamer over boiling water until it is hot.

*Vi Patek '66*

## **CHICKEN HAITI**

**1 whole chicken**

**2 lbs. dried pinto beans**

Place beans into water for 2 hours over medium heat. A whole chicken quartered, is placed in a pan.

Add:

**A sprig or two of thyme**

**1/2 slice medium onion**

**1/2 tsp. pepper**

**Sprinkle of salt**

**3 slices green pepper**

**Garlic**

**2 tbsp. lemon juice**

**1 c. chicken stock**

**2 tbsp. tomato paste**

Simmer over medium heat for 15 minutes. Set aside on a platter to cool.

Into 2 teaspoons canola oil place:

**1 medium diced onion**

Add cooked pinto beans, drained (but save liquid), 1 teaspoon garlic, pepper. Sprinkle salt. Saute for about 5 minutes. Add chopped thyme. Two cups of liquid used to cook beans is then added. After it reaches the simmering point, add 1 cup uncooked white rice. Cook 20 minutes.

After cooling chicken dredge chicken in flour and fry in oil. Remove and drain off excess oil. Cool for 10 minutes. Add back to sauce. Heat is reduced and simmer for additional 10 to 15 minutes. Occasionally spooning sauce over chicken.

## QUICK AND EASY CHICKEN BROCCOLI CASSEROLE

Serves 4, can easily be doubled or tripled for a crowd.

4 chicken breasts	1/2 c. mayonnaise
2 pkgs. frozen broccoli spears	1 tbsp. curry
Juice of 1 lemon	1 can cream of mushroom soup

Poach chicken breasts. Cut into bite sized pieces. Grease bottom of casserole dish. Line with thawed broccoli. Place chicken over broccoli spears. Combine other ingredients and pour over chicken. Bake at 325 degrees F for 30 minutes.

*Frances Root, '80*

## CHICKEN ALA BROCC

A wonderful company dish which can be doubled and tripled for a crowd.

4 chicken breasts, halved, skinned, boned and slightly pounded, cut in big pieces	1 head broccoli Butter for baking Chicken stock
---	---

Rub chicken with butter dots. Bake in oven proof dish at 300 degrees until tender, approximately 30 minutes. Steam broccoli flowers in chicken stock until crisp tender, drain.

### WHITE SAUCE:

2 tbsp. butter	Salt, pepper, lemon juice, curry
2 tbsp. flour	to taste
2 c. milk or stock	Parmesan cheese
1/4 c. grated cheese (Cheddar or Swiss)	

Make white sauce over low heat by melting butter in saucepan slowly, stirring and mixing in flour. Add milk slowly stirring to dissolve lumps as it thickens. Add seasonings and grated cheese cooking until smooth.

Butter ovenproof oblong baking dish. Line with drained broccoli. Cover with chicken pieces. Pour sauce over chicken and sprinkle with Parmesan cheese. Bake at 350 degrees until well heated. Can be made in advance. Serves 8.

*Annabelle F. Prager '48*

## CHICKEN AND DUMPLINGS

1 cut up chicken, 3 1/2 to 4 lbs.	2 ribs celery, sliced
1 med. onion, diced	1 bay leaf
1 med. carrot, diced	Salt and pepper

### DUMPLINGS:

1 1/2 c. all purpose flour	3/4 c. milk
3 tsp. baking powder	1 tbsp. minced fresh parsley
1 tsp. salt	(optional)

Place chicken pieces in a Dutch oven or other kettle with a tight-fitting lid just large enough to fit the chicken in a single layer. Distribute the onion, carrot and celery on top, add bay leaf and salt and pepper to taste. Barely cover the chicken with cold water. Place over high heat; as soon as the water boils, cover tightly and reduce heat to simmering. Cook until very tender, 1 1/2 to 2 hours.

Fifteen minutes before serving time, prepare the dumplings. Sift together the flour, baking powder and salt. Add the milk and stir just until dry ingredients are dampened; add parsley and stir to distribute evenly.

Uncover the pot. There should be enough liquid left to barely cover the chicken; add more water if necessary. The cooking liquid should be at a brisk simmer. Dip a teaspoon into the liquid, then into the dumpling batter, and drop a heaping spoonful into the pan. (This keeps the batter from sticking.) Drop all the dumplings in quickly, then replace the lid and cook 10 to 12 minutes. Serve immediately.

The secret is to never lift the lid while the dumplings are cooking and to make sure the cooking liquid is at a lively simmer but not a boil. If the liquid is too hot, your dumplings will be tough; if it's not hot enough, they'll be doughy.

Also, be sure when you drop the dumplings into the pot to leave plenty of room for them to expand. You also should try to place the dumplings on top of chicken so they have some support and stay above the liquid.

Test dumplings for doneness by inserting a wooden pick in the center as you would a cake. The dumpling is done when the pick comes out clean. You may want to do a test run with a single dumpling before cooking the entire batch. This is a plain recipe. You can add garlic, herbs, wine, etc. to the pot. Adding a can of evaporated milk to the pot before adding water to cover produces a creamy, pale gravy. Serves 6.

## **SOY SAUCE CHICKEN**

2 chickens, cut up  
1/2 c. butter  
1/2 c. soy sauce  
Juice of 1 lemon

Paprika  
Parmesan cheese  
Serve with rice, grapefruit, red  
onion and lettuce salad

Preheat oven to 350 degrees. Place chicken in baking dish, skin side up. Melt butter and add soy sauce and lemon juice. Pour over chicken. Sprinkle top with paprika and Parmesan cheese. Bake 1 hour (or longer if you like chicken well done). Great for singles, parents with picky kids, family dinner or elegant evening!!

*Lucy Martin Gianino '60*

## **BREAST OF CHICKEN WITH RASPBERRY VINEGAR**

4 boneless, skinless chicken  
breast halves  
Salt and pepper to taste  
1 tbsp. butter  
1 1/2 tsp. minced fresh tarragon  
1 shallot, minced

1 clove garlic, minced  
1/3 c. dry white wine  
1 1/2 tsp. raspberry vinegar  
1 plum tomato, seeded and  
coarsely chopped  
1/3 c. heavy cream

Place the chicken breasts between sheets of waxed paper and pound to an even thickness. Season to taste with salt and pepper. Sauté the chicken in butter, turning to brown both sides. Add tarragon, shallot, garlic and wine. Cover and simmer 15 minutes. Transfer the chicken to a heated serving dish and keep warm. Add vinegar to pan juices and reduce by one half over medium high heat. Scrape the pan to deglaze it. Add chopped tomato and heat through. Pour in the cream and reduce to form a slightly thickened sauce. Spoon over chicken and serve immediately. If preparing ahead, do not add the cream until immediately prior to serving. The finished sauce will separate if kept over heat for any length of time. Serves 4.

*Lesley L. Byers '94*

## POULET SAUTE AU BROUILLY

(Chicken in red wine sauce)

- |   |  |
|---|--|
| 1 (2 1/2 to 3 lb.) chicken, cut into serving pieces and including back, neck, gizzard and liver | 1 tsp. finely chopped garlic                 |
| Salt and freshly ground pepper to taste   | 2 tbsp. flour                                |
| 2 tbsp. butter  | 1 1/2 c. dry red wine, preferably a Brouilly |
| 1/4 lb. mushrooms, left whole if very small, otherwise halved, quartered or sliced              | 1/2 c. plus 2 tbsp. chicken broth            |
| 1/4 c. chopped shallots   | 1 bay leaf                                   |
|   | 1 sprig parsley                              |
|   | 2 sprigs fresh thyme or less                 |
|   | 1/4 tsp. dried thyme                         |

Sprinkle the chicken pieces with salt and pepper. Heat the butter in a skillet large enough to hold the chicken parts in one layer without crowding. Add the chicken pieces skin side down.

Cook the chicken over moderately high heat until golden brown, about 6 or 7 minutes. Turn the pieces and cook about 5 minutes longer.

Add the mushrooms, shallots and garlic and stir to blend. Cook about one minute and sprinkle the flour evenly over all. Add the wine and half a cup of broth and bring to the boil. Add the bay leaf, parsley sprig and thyme. Add salt and pepper to taste and cover. Cook 15 to 20 minutes.

Using a slotted spoon, transfer the meaty parts of the chicken to a heatproof casserole. Add the mushrooms, but leave the back, gizzard and so on in the skillet.

Strain the sauce over the chicken, pressing with the back of the wooden spoon to extract juices from the solids. Add the remaining two tablespoons of broth and swirl it around to thin the sauce remaining in the skillet. Strain this over the chicken. Reheat thoroughly. Yield: 4 servings.

# **SUPREME OF CHICKEN BREASTS MARCO POLO**

**(IN A CREAM OF HAZELNUTS AND PORT WINE)**

4 lb. boneless, skinned chicken breasts	*1 to 1 1/2 tbsp. meat glaze (glace de viand)
Freshly ground black pepper	24 apple balls, the size of marbles
Flour to dust chicken	1/4 c. finely grated toasted unsalted hazelnuts or filberts
8 tbsp. unsalted butter	4 orange slices, 1/8 inch thick
2 tbsp. port wine	
2/3 c. clear chicken broth	
1 c. whipping cream	

\*The least salty you can find canned or frozen or if entirely unavailable, 1 beef extract cube of top quality, crumbled.

Average time required: about 50 minutes from start to serving.

**ACT I: BROWNING THE CHICKEN:** Preheat oven to keep warm temperature of 170 degrees; put in a flat open serving platter. Heat 4 tablespoons butter in large, heavy skillet large enough to hold chicken in one layer. Meanwhile, lightly pepper and flour chicken (salt is not needed; sauce takes care of

it.) Lay in hot butter, side by side and quickly brown them on both sides, usually 3 or 4 minutes.

Sprinkle port into pan, over and around chicken, blending it into butter and juice with wooden spoon. Stir in chicken broth, then cream. Add meat glaze teaspoon by teaspoon, tasting to be sure sauce does not become overly salty; commercial meat glazes and cubes are high in salt content. Adjust heat to a gentle bubbling. Cover. Gently simmer chicken just until done (it would be heresy to overcook it), usually depending on the thickness of the flesh, in no more than 2 or 3 minutes.

Remove chicken with a slotted spatula; hold warm on the platter in the oven. Let sauce in pan continue gently bubbling, uncovered, while you deal with the apple balls.

**ACT II: SAUTEING APPLES AND COMPLETING SAUCE:** In a small, heavy skillet large enough to hold apple balls in single layer, heat remaining 4 tablespoons butter until quite hot, but not brown. Spread 24 apple balls in it in a single layer and quickly sizzle them until they are slightly buttery and crisp on the outside, soft on the inside, but in no way mushy, usually about 3 to 4 minutes and almost continuously rolling them around. Lift out balls with a slotted spoon; hold aside. Stir sauce in big pan, turning up heat to reduce the sauce, concentrate its flavors and thicken it slightly. When volume is reduced to about two thirds to three fourths and it is showing the first signs of thickening, remove from heat;



stir in hazelnuts. Do not actually cook the nuts or their essential flavor oils will evaporate. Taste the sauce, adjust its seasonings, pour it over the chicken breasts; arrange apples in clusters between the chicken. Cut orange slices through halfway, twist into an S and garnish each piece of chicken. Serve with dish immediately with very hot plates.

*Peninsula Hotel  
NYC*

## **CHICKEN BREASTS FLORENTINE**

6 chicken breasts	3 c. white wine
2 pkgs. frozen leaf spinach	1 c. water or chicken broth
3 egg yolks (lightly beaten)	Salt and pepper
4 tbsps. butter (very soft)	1 tsp. lemon juice
1 tsp. chopped parsley, chopped fine	1 tbsps. flour
1/2 tsp. each cumin, turmeric, paprika, tarragon	

Cut chicken breasts in half and place in microwave dish. Add wine, broth or water and tarragon, cover and poach. Microwave for 6 or 8 minutes until tender. Let stand in dish covered until ready to serve. Cook spinach and drain well. In blender put eggs, butter, and liquid from chicken, blend well with cumin, lemon, paprika, until smooth. Heat in saucepan slowly. With whisk stir in flour until smooth and simmer about 5 minutes until thickened. (Be careful not to scramble eggs). Spoon spinach into center of heated serving dish. Arrange chicken breasts on top and spoon sauce over chicken. Sprinkle parsley.

Optional: 1 or 2 tablespoons grated Parmesan cheese, sprinkled on chicken and run under broiler until bubbling.

*Leslie Caroline '84*

## **CHICKEN TENDERLOINS ON WILD RICE PANCAKES**

<b>1 c. almost overcooked wild rice</b>	<b>3 tbsp. flour</b>
<b>3 tbsp. shallots, diced</b>	<b>2 tbsp. cream</b>
<b>1 egg</b>	

Cook each pancake in hot butter and oil, well on one side, turn and continue to cook until no longer moist inside.

<b>4 chicken tenderloins</b>	<b>1 shallot, diced</b>
<b>1 tbsp. butter plus 2 tsp. butter</b>	<b>2 tbsp. sherry wine vinegar</b>
<b>2 tsp. olive oil</b>	<b>6 sundried tomatoes, diced</b>
<b>1 smashed garlic clove</b>	<b>Parsley for garnish</b>

In a copper pan, saute chicken tenderloin filets in butter and oil. Add garlic and shallots. Add sherry vinegar. Add dried tomatoes. Add butter when liquid is evaporated. Turn off heat. Add a handful of chopped parsley. Serve chicken tenderloin and sauce over pancakes.

## **DUCK BREASTS WITH COFFEE SAUCE**

<b>4 duck breasts</b>	<b>1 tbsp. butter</b>
<b>Salt and pepper</b>	<b>4 tsp. sugar</b>
<b>4 tbsp. peanut oil</b>	<b>2 c. duck broth</b>
<b>1 lemon's peel</b>	<b>2 tsp. coffee bean</b>
<b>2 c. water</b>	<b>1 Belgian endive</b>

Heat peanut oil and sear duck breasts 30 seconds, then lower heat and cook until springy.

Julienne the lemon's peel and blanche it 2 minutes. Drain and place in a saucepan with 2 tablespoons water. Add sugar and cook.

Add coffee beans to a grinder to crush. Remove breasts from skillet and set aside. Deglaze pan with water and add duck broth, add crushed coffee beans and infuse for 10 minutes off heat. Strain into a chinoise, or fine strainer or even a coffee filter, over a saucepan. Add 1 tablespoons butter.

Garnish meat with lemon peel and a sprig of flat leaf parsley. Serves 4.

## CHICKEN AND WILD RICE

1 c. wild rice  
1/2 lb. mushrooms, sliced  
3 tbsp. butter  
6 boneless, skinless chicken  
breasts  
Salt and pepper

2 cloves minced garlic  
1 c. heavy cream  
2 tbsp. chopped parsley  
1 tbsp. Dijon mustard  
2 tbsp. honey

Cook rice according to package directions. Saute mushrooms in 1 tablespoon butter. Combine rice and mushrooms. Season chicken with salt and pepper. Add 2 tablespoons butter to another pan and cook chicken over medium heat until firm and browned (approximately 7 minutes per side). Put rice/mushroom mixture in bottom of a shallow casserole. Top with chicken breasts.

Lightly saute garlic in frying pan drippings. Add cream, parsley, mustard, and honey. Cook, stirring constantly until thickened (approximately 3 to 5 minutes). Pour over casserole. This can be done ahead and put in refrigerator. Bake at 350 degrees for 1/2 hour. Serves 4 to 6.

Optional: Can add slivered almonds or mandarin orange slices to rice mixture.

*Frances Root '80*

## **STUFFED CHILI PEPPERS**

Saute in 3 tablespoons olive oil

Shredded cooked chicken  
Diced dried apricots  
Diced dried peaches  
Cumin

Quartered green olives  
Cinnamon  
Ground cloves

Grill or roast chili peppers, place in a bowl with plastic wrap on top to steam, then peel. Make a lengthwise slit and seed. Fill with above filling.

### **SAUCE:**

Roasted tomatoes, onions and  
garlic cloves

Blend and added to scalded reduced cream.

Place stuffed chili peppers in a 400 degree oven for 7 minutes.  
Serve atop sauce.

## UNFRIED CHICKEN

A pleasure for those who avoid fried foods!

6 chicken drumsticks skinned  
3 chicken breasts, halved and  
skinned

3 c. ice water or cold milk  
1 c. plain yogurt

### BREADING:

1 c. Italian bread crumbs  
1 c. flour  
1 tsp. Old Bay seasoning  
1/2 tsp. garlic powder

Big pinch creole or cajun  
seasoning  
Pepper and salt to taste  
Thyme, basil, oregano

Place chicken pieces in large bowl filled with ice water or cold milk, soak 1 hour. Fill another bowl with yogurt. Toss breading in paperbag, shaking well.

Roll chicken pieces first in yogurt, then shake in bag. When pieces are well coated spray with vegetable oil. Place on baking sheet on bottom shelf of oven, spraying again. Bake at 400 degrees until golden (approximately 1 hour).

*Annabelle F. Prager '43*

## 20 MINUTE CHICKEN CREOLE

- |  |  |
|--|--|
| Vegetable oil spray  | 1/2 c. chopped celery                                      |
| 4 med. chicken breast halves (1 1/2 lbs. total), skinned, boned and cut into 1 inch strips (or 1 lb. boneless, skinless chicken breasts) | 1/4 c. chopped onion                                       |
| 1 (14 oz.) can low sodium tomatoes, cut up   | 2 cloves garlic, minced                                    |
| 1 c. low sodium chili sauce  | 1 tbsp. chopped fresh basil (or 1 teaspoon dried, crushed) |
| 1 1/2 c. chopped green pepper (1 large)  | 1 tbsp. chopped fresh parsley (or 1 teaspoon dried)        |
|  | 1/4 tsp. crushed red pepper                                |
|  | 1/4 tsp. salt  |

Coat deep skillet with vegetable oil spray. Preheat pan over high heat. Cook chicken in hot skillet, stirring, for 3 to 5 minutes, or until no longer pink.

Reduce heat. Add tomatoes and their juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, red pepper and salt.

Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked rice or whole wheat pasta. Makes 4 servings.

## STUFFED CHICKEN BREASTS

- |                         |                        |
|-------------------------|------------------------|
| 4 garlic cloves         | 1/2 c. Parmesan cheese |
| 2 serrano chilies       | 1/2 c. ricotta         |
| 3 c. cilantro           | 1/2 c. goat cheese     |
| 1/2 c. olive oil        | 4 chicken breasts      |
| 1/2 c. toasted pinenuts |                        |

For cilantro pesto: Process 4 garlic cloves, 2 serrano chiles (be careful of fumes!), 3 cups of cilantro. Add olive oil through chute gradually, add pine nuts, and turn off processor. Add Parmesan cheese by hand.

Blend with 1/2 cup Ricotta and 1/2 cup goat cheese. Place in a pastry bag. Pipe into the sliced pocket of partially grilled boneless chicken breasts.

Heat up in a baking dish in a 450 to 500 degree oven.

## CHICKEN BREASTS PEPPERONATE

1 tsp. olive oil  
1 clove garlic  
1 red pepper  
2 chicken breasts  
1/4 c. capers  
Anchovies

2 slices low fat Mozzarella  
cheese  
One Italian tomato  
Oregano  
Parsley, chopped  
Arrowroot

Into 1 teaspoon oil, place 1 smashed diced clove of garlic. Roll chicken breasts in garlic in pan and place skin side down. When they lose pink color, turn over; add a seeded diced red pepper. Add a few capers, one Italian plum tomato cubed. Add fresh diced oregano. Remove chicken's skin. Place 1 slice of low fat Mozzarella cheese on each chicken breast. Place two anchovies in a cross hatch on each. Garnish with parsley and capers. Add white wine to sauce and add liquified arrowroot to thicken. Serves 2.

## ARROZ CON POLLO

4 lbs. chicken pieces  
1 1/4 tsp. salt  
1/2 tsp. pepper  
1/8 tsp. paprika  
1/4 c. olive oil  
1 clove garlic  
1 med. onion, chopped  
2 c. water

3 1/2 c. canned whole tomatoes  
2 chicken bouillon cubes  
1/4 tsp. powdered saffron  
1 bay leaf  
1/2 tsp. oregano  
2 c. raw rice  
1 pkg. frozen peas  
3 pimientos, sliced

Preheat oven to 350 degrees. Serves 6 to 8.

Season chicken with 1 teaspoon salt, pepper and paprika. Heat oil in a skillet, add chicken and brown on all sides. Remove to a large baking dish.

To the skillet add garlic and onion and saute until onion is translucent. Deglaze pan with the 2 cups water and heat while scraping loose the brown particles. Add the tomatoes and their liquid, bouillon cubes, saffron, bay leaf, oregano, and the remaining 1/4 teaspoon salt. Bring to a boil and pour over the chicken. Add the rice and stir. Cover tightly.

Bake 25 minutes. Uncover and toss the rice. Stir in the peas, arrange pimientos on top and cook 10 minutes longer.

*Ellen Weintraub '71*

## CHICKEN MARSALA

2 skinless, boneless chicken  
breasts  
1/3 c. flour  
Pepper  
Butter

1 c. Marsala cooking wine  
Salt  
3 cloves garlic, minced  
1 lb. sliced mushrooms

Mix flour, salt and pepper in small bowl, set aside. Slice mushrooms, set aside. Wash chicken breasts and coat in flour mixture. Mince garlic and saute in butter until golden. Add chicken and saute until meat turns white on outside. Remove chicken and place in single layer in casserole.

Add more butter, garlic and Marsala wine to deglaze original skillet and saute mushroom slices until soft. Pour mushroom sauce over chicken, cover and bake at 350 degrees for 45 to 55 minutes. Serve on top of linguine or rice. Makes 2 servings.

*Carrie Maynard Nichols '81*

## MAMMA'S CHICKEN

My mother serves this from the stove to the table piping hot. It really has an extra zesty flavor if you serve it with a wedge of lemon that you squeeze on the chicken just before eating. Just thinking about it makes my mouth water!

2 chickens, cut up in serving  
pieces  
1 c. lemon juice  
2 c. seasoned bread crumbs

2 tbsp. grated cheese  
1 onion, sliced  
Olive oil to taste

Mix bread crumbs with cheese. Dip chicken in lemon juice, and then roll in seasoned bread crumb and cheese mixture. In a baking dish, place onion in and around chicken. Sprinkle with olive oil and bake in preheated 350 degree oven for 1 hour, uncovered. Serve immediately.

Serves 6 to 8. Variation: My mother does the same thing with potatoes. You take 4 potatoes, peeled and cut in sixths lengthwise. Rub a little olive oil on each piece, dip in seasoned bread crumbs mixed with cheese and place between chicken pieces. You can even cook the potatoes in a baking dish of their own at 350 degrees for 1 hour. They are a perfect accompaniment to roast beef, veal, or pork. Kids love them because they're like a giant French fry.

*Wendy Weiler '71*



## **CHICKEN BREASTS STUFFED WITH HAZELNUT CHICKEN MOUSSE**

**3 chicken breasts**  
**1/4 c. light cream**  
**1/4 c. hazelnuts, roasted and  
blanched**

**1/4 c. butter**  
**Salt and pepper to taste**  
**1 sprig thyme**

### **RED SAUCE:**

**1/2 c. red wine**  
**1 tsp. red wine vinegar**  
**2 tbsp. port wine**  
**1/2 c. stock (veal if possible), see  
recipe p. 404**

**2 shallots**  
**3 tbsp. clarified butter**

Peel and slice thinly 2 shallots and place in a saucepan with 1/2 cup red wine, 1 tablespoon vinegar and 2 tablespoons port, and small bunch thyme on high heat 10 minutes.

Remove the thin filet from a boneless breast and place in a chopper and add 1/4 cup cream. Transfer to a bowl and add the roasted chopped hazelnuts.

Cut a pocket in the chicken breasts and place a large dollop of the mousse inside and close with a toothpick. Add 1/2 cup veal stock to the reduced sauce. Place sauce on medium heat. Season chicken breasts with salt and pepper. Place 1 tablespoon per chicken breast of clarified butter to a skillet and brown chicken lightly on both sides.

Place chicken in oven for 10 minutes at 350 degrees. Strain sauce through a chinoise or fine sieve. Slice breasts on the diagonal. Serves 2.

## CHICKEN CHASSEUR

2 to 2 1/2 lbs. chicken pieces	1/4 lb. mushrooms, chopped
1/2 c. flour for dredging	1 tsp. sugar
2 tsp. salt	2 tbsp. lemon juice
1/8 tsp. pepper	1/3 c. apple juice
1/4 tsp. dried thyme	2 tomatoes, diced
3 tbsp. butter, margarine or olive oil	2 tbsp. parsley, chopped
4 scallions, chopped	2 tbsp. chives, chopped

In a plastic bag, mix flour, 1 teaspoon salt, pepper and thyme. Coat chicken pieces by shaking in the bag. Brown chicken on all sides until golden. Remove chicken pieces to a warm platter. Add scallions, mushrooms, sugar, remaining teaspoon salt, lemon juice, apple juice and tomatoes. Replace chicken and cook slowly, covered, 30 to 40 minutes, until tender. Garnish with parsley and chives. Serves 3 or 4.

*NY Times*

## BASQUE CHICKEN

Into a skillet with:

1 tsp. oil

Place:

1 c. chopped mushrooms

3 garlic cloves, chopped

Saute until soft and set aside.

Into 1 more teaspoon oil in a skillet wipe chicken pieces (skinned) in 6 oz. tomato paste and place in oiled skillet. Keep stirring until it caramelizes. Add:

2 green peppers, diced  
1 red pepper, diced

4 lg. tomatoes, diced and seeded  
6 oz. dry white wine

Add back in mushrooms and garlic. Cover and simmer 35 minutes. Remove chicken from skillet, permit to cool a little and remove from bones. Add meat back to sauce. Slice another cup of mushrooms thinly and add with 2 tablespoons parsley diced. Add 2 tablespoons diced fresh basil and mix. Serve over rice.

## ROAST TURKEY

1 (16 oz.) turkey, giblets reserved	1/4 c. vegetable oil
1 med. onion, coarsely chopped	3 c. chicken broth
2 med. carrots, peeled and coarsely chopped	3 c. dry white wine
Salt and freshly ground pepper	1/4 c. minced mixed fresh herbs (thyme, oregano, rosemary, parsley)
1/4 c. unsalted butter, softened	
1/2 c. chicken broth	

Preheat oven to 325 degrees. Place turkey, breast side up, in a shallow roasting pan just large enough to accommodate the bird. Rub breast with 1/4 cup butter. Sprinkle with salt and pepper. Chop giblets and place around turkey with onion and carrots. Moisten a 10 x 20 inch piece of cheesecloth, fold in half and drape over turkey breast. Combine 1/2 cup broth and 1/4 cup vegetable oil in a bowl. Roast turkey 30 minutes, then baste through cloth with half the broth mixture. Roast 30 minutes longer and baste again, using remaining broth mixture. Continue roasting until juices run yellow when thigh is pierced with fork or thermometer inserted in thickest part of the thigh registers 175 degrees, about 2 3/4 hours. Baste every 20 minutes with pan juices and remove cheesecloth during last 30 minutes. Transfer turkey to heated platter and cover loosely with foil.

Degrease pan juices either by pouring into a gravy separator or by spooning off fat. Set roasting pan over medium heat and stir and cook until vegetables are browned, about 10 minutes. Stir in broth and wine and boil until reduced by half, scraping up any browned bits, about 25 minutes. Strain into small saucepan, pressing to extract as much liquid as possible. Degrease sauce. Bring to simmer. Add herbs and simmer 5 minutes. Adjust seasoning. Carve and serve turkey, passing sauce separately. Serves 16.

## **TURKEY ROLL**

You could easily use ground turkey, or grind the breast in a food processor, then add some heavy cream. Use about 1/2 cup cream for 3 pounds of ground turkey. Season with salt and white pepper.

Chop your stuffing finely so it will be easy to roll. Spread a big sheet of plastic wrap on your counter and spray it with cooking spray or rub it with a little oil.

Spread out the ground turkey in an even layer about 3/4 inch thick, then use a spatula to even up the sides. Leaving a 1 inch border on the edge closest to you, spread an even layer of stuffing about 1/2 inch thick over the turkey. Then use the plastic wrap to roll up the turkey and stuffing, as you would a jelly roll. (The first fold should be small.) When it is rolled, use the wrap to form a cylinder, twist the ends to secure the plastic wrap, then wrap it a second time in foil. (We were amazed that you can put plastic wrap in the oven, but it's OK.)

Place the foil wrapped roll in a baking pan and put it in a 350 degree oven for 45 minutes to 1 hour. Slice and serve.

## **APPLE BREAD STUFFING**

- |  |                               |
|--|-------------------------------|
| 13 c. French bread, cut into cubes<br>and toasted at 350 degrees<br>for 10 minutes | 1 1/2 c. finely chopped onion |
| 1 stick unsalted butter  | 1 c. finely chopped celery    |
| 2 c. finely chopped peeled tart<br>green apples                                    | 3/4 c. finely chopped parsley |
| 1 c. currants  | 1 tbsp. ground sage           |
|  | 1 1/2 tsp. thyme              |
|  | 1 tsp. salt                   |
|  | Pepper to taste               |

Melt butter in a large skillet. Add apple, currant, onion and celery and cook over low heat until vegetables soften, about 5 to 7 minutes. Add parsley and cook 2 minutes more. Add to bread and toss. Add remaining ingredients. Taste and adjust seasoning. Cool completely. Can be prepared 1 day ahead and refrigerated. Do not stuff bird in advance.

## STUFFING FOR GAMEY BIRDS

(QUAIL, PHEASANT, SQUAB, ETC.)

Place boned and skinned chicken in processor with equal parts (volume wise) heavy cream, very cold. Keep refrigerated.

Cook 1 smoked sausage, cool and dice.

Saute shittake mushrooms in good quality extra virgin olive oil with diced garlic and shallots. Finish with chicken stock and a little parsley and butter.

Mix all 3 ingredients in a bowl and add jumbo lump crabmeat, and freshly chopped chives.

## FORCEMEAT GAME STUFFING

Boned skinned chicken is placed in the processor with an equal volume of heavy cream. Add herbs: thyme, basil and parsley. Refrigerate. Make sure to keep cold. Add diced Virginia ham, chopped pecans, chopped sauteed shittake and white mushrooms.

Pipe into gamey birds like quail or pheasant. Wrap birds with bacon and secure with toothpicks. Bake at 375 degrees.

## TURKEY STROGANOFF

3/4 lb. boneless, skinless turkey  
fillets or slices or 2 cups  
cooked turkey  
2 tsp. olive oil, divided  
1/2 med. onion, chopped (1 cup)  
1/2 lb. button mushrooms, sliced  
(3 cups)  
3/4 c. low salt chicken stock

2 tbsp. tomato paste  
2 tbsp. Dijon mustard  
1/2 tsp. Worcestershire sauce  
1 tbsp. low fat sour cream  
2 tbsp. chopped fresh parsley  
Salt and freshly ground black  
pepper to taste

Slice turkey into 1/4 inch strips. Heat 1 teaspoon oil in a medium sized nonstick skillet and brown turkey. This will take less than a minute. Try not to overcook the turkey. Remove to a plate and sprinkle with a little salt and pepper to taste. Add second teaspoon oil and onion. Saute 5 minutes. Add mushrooms and continue to saute for 5 more minutes. Pour in stock. Add tomato paste, mustard, Worcestershire, salt and pepper to taste. Mix thoroughly. Simmer 5 minutes. Taste. You may need to add a little more mustard or Worcestershire sauce. There should be a delicate blend of flavors. If using cooked turkey, add it now. Return the turkey to the sauce and add sour cream. Mix thoroughly. Serve over egg noodles. Sprinkle with parsley. Makes 2 servings.

## SUKIYAKI

1 extra large onion  
2 c. celery, sliced on angle  
2 c. raw spinach  
12 scallions, halved  
1/4 c. sliced mushrooms

1/4 c. canned bamboo shoots  
3/4 can sliced water chestnuts  
1 lb. beef sirloin or round sliced  
paper thin  
1/4 c. salad oil

### SAUCE:

1/2 c. soy sauce  
1/4 c. sherry

3 tbsp. sugar

Early in day: slice onion in half crosswise, then thinly crosswise. Prepare rest of vegetables and place in separate baggies. Refrigerate. In small jar mix sauce and refrigerate.

20 minutes before serving, arrange all vegetables and beef on a tray. Heat oil in large skillet or electric fry pan (360 degrees). Quickly brown beef on both sides. Then add all vegetables, try to move beef to top of vegetables. Pour on sauce and cover and cook for about 5 minutes until vegetables are crisp tender.

Serve over plain rice. I guarantee seconds will be asked for. I make it on the sideboard in front of my guests with an electric fry pan. Makes it festive. I serve it with saki or white wine with body! Serves 4.

*Kate Minton, '52*

## MUSTARD STEAK

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 (4 lb.) blade bone sirloin steak | 2 peeled cloves of garlic    |
| 1 stick of butter                  | 1 tsp. Dijon mustard         |
| 2 tsp. salt, preferably Kosher     | 1 tsp. Coleman's dry mustard |

The blade bone sirloin is the first cut after the Porterhouse steak, so it has a portion of the filet. Your butcher may call it something else and will probably have to be convinced that you really do want a steak two or more inches thick. If the blade bone is not available or if you prefer, a boneless sirloin can be substituted.

Prepare a charcoal fire and when the coals are grey, grill the steak to your taste. Rare will probably take about 20 to 25 minutes.

While the steak is grilling, melt the butter. On an aluminum or china platter, place the salt and rub the garlic into it. Place the two mustards on the platter. When the steak is cooked, pour the melted butter onto the platter and blend everything together with a fork. Place the grilled steak on the platter, turn it, and slice at right angles to the bone. Be sure to sauce each slice thoroughly as you serve the plates. Serves 4 to 6 well.

*Nannette McBurney Crowdus, '57*

## ROLLED SICILIAN STEAK

### 2 lbs. round steak

Place on Saran Wrap, bottom and top, and pound thin.

### STUFFING:

- |                     |  |
|---------------------|--|
| 1 c. onions, diced  | 1/2 c. Swiss chard, cooked in<br>water and salt and pepper |
| 1/4 lb. pork        | 1/2 c. Proscuitto, diced                                   |
| 1/4 lb. veal        | 1/2 c. Julienned salami                                    |
| 1/2 c. bread crumbs | 1/2 c. Cheese, diced                                       |
| 4 oz. grated cheese | 1/2 c. peas  |
| 1/2 c. parsley      |  |
| 2 eggs              |  |

Roll up and tie. Brown in olive oil on all sides. Add:

- |                      |           |
|----------------------|-----------|
| 2 tbsp. tomato paste | 1 c. wine |
| 1 c. stock           |           |

Cover and place in oven for 30 minutes. Serves 4 to 6.

## **LONDON BROIL**

Flank steak  
Vegetable oil  
Worcestershire sauce  
Bay leaves

Garlic powder  
Chopped onions  
Oregano

Marinate flank steaks for at least 2 days. Marinate seasoning and cooking method are the decision of the cook. I prefer char-grilled the best.

*The Sweet Briar Sampler*

## **LOUISE'S BEEF STEW**

3 lbs. stew beef  
2 cans cream of mushroom soup  
1 pkg. Lipton onion soup mix  
3/4 c. sherry (or water)

1 bag frozen baby carrots  
1 bag frozen white pearl onions  
1 can whole white potatoes

\*Other vegetables could be added. Combine soups and sherry in stew pot; stir and add beef and stir. Cook 3 hours in a 350 degree oven. After 2 hours add potatoes with liquid and carrots, add onions about 1/2 hour later.

This makes the most wonderful gravy without browning or anything.

*Lynne S. Crow '64*



## **STIR FRIED BEEF AND SNOW PEAS**

1 lb. boneless beef round steak,  
sliced across the grain into  
very thin strips  
1 tbsp. dry sherry  
2 tbsp. soy sauce  
2 tbsp. cornstarch, divided

1/2 c. beef broth  
2 tbsp. vegetable oil, divided  
1 clove garlic, minced  
2 c. fresh snow peas  
1 c. fresh bean sprouts  
1/4 c. chopped walnuts

In a medium bowl mix steak, sherry, soy sauce and 1 tablespoon cornstarch. Dissolve remaining 1 tablespoon of cornstarch in broth and reserve. Heat 1 tablespoon oil in a wok or large skillet. Add beef and garlic; cook over high heat stirring constantly, until browned, about 3 minutes. Add remaining 1 tablespoon of oil. Add snow peas and bean sprouts cover and simmer over medium heat 3 to 5 minutes. Add beef broth mixture; cook and stir until thickened, about 2 minutes. Sprinkle with walnuts. This makes 4 to 6 servings.

## **BOILED BEEF WITH HORSERADISH SAUCE**

2 lbs. chuck shoulder roast  
5 carrots, peeled  
1 leek  
1 med. celery root  
3 bay leaves  
2 tbsp. white peppercorns

3 stale rolls  
2 tbsp. unsalted butter  
1 bunch chives  
Salt and pepper to taste  
Fresh horseradish root

To a 4 quart stockpot filled with water, on the stove, add sliced leeks, bay leaves, peppercorns, 3 carrots, sliced, 2 carrots whole, celery root and chuck.

Cook over medium heat 3 hours. Remove beef and slice into 1 inch slices. Slice carrot and celery root into 1/8 inch slices and place in a saucepan with butter. Place 1 cup broth into another medium saucepan. Slice stale rolls into 1/4 inch cubes and add to broth. Add another 1/4 cup broth and whisk to form a paste. Add horseradish root, grated.

Place a slice of beef in the middle of the plate. Cover top of meat completely with horseradish/bread mixture and place in the broiler. Cook carrots and celery root over medium high heat and add chopped chives.

Place vegetables around plate, beef on top, garnish with chopped chives and freshly grated horseradish.

## **BEEF GOULASH KERR**

Into:

**1 tsp. olive oil**

Saute:

**3 onions**

**2 garlic cloves**

Remove and set aside. Brown:

**1 lb. lean beef**

in same skillet. Add:

**6 oz. tomato paste**

Add back onion and garlic. Add:

**12 oz. green pepper**

**3 cups beef stock**

Cook 1 1/2 hours covered. Add:

**12 oz. red skinned potatoes**

**1 tsp. caraway seeds**

**1 tbsp. paprika**

Cook another 1 1/2 hours. Add:

**Another tbsp. paprika**

**6 halved tomatoes**

## **BEEF SCALOPPINE**

Lean beef  
Olive oil  
Mozzarella cheese

Tomato  
Basil  
Flour

Cut thin slice of meat. Coat lightly with flour. Place in a pan with heated oil. Turn until almost cooked. Cut fine slice of Mozzarella cheese for the top of each scallopine place a slice of Mozzarella and a slice of tomato, and sweet basil. Add extra oil seasoned with salt and cook for an extra 2 minutes.

## **PORK TENDERLOIN WITH PRUNES**

1 tbsp. olive oil  
1 tbsp. butter  
1 lb. pork filet  
1/2 tsp. thyme  
1 tsp. parsley  
1 bay leaf

1 leek  
1 onion, diced  
2 or 3 carrots, diced  
4 tbsp. flour  
1 c. white wine  
1/2 c. broth

In oil and butter brown pork filet. Add thyme, parsley and a bay leaf, wrapped in a leek and tied up. Place meat in a baking dish and seasoning package on top. Brown onions and carrots in the same skillet as the pork was cooked, and add flour. Deglaze pan with white wine and add broth and add all to pork casserole. Bake at 375 degrees for 25 minutes. Remove pork. Skim liquid and put through a chinoise. Add 1/2 cup cream and 1 cup pitted prunes. Serve with piped potato puffs.

*Cordon Bleu Cooking School*

## PEPPERED BEEF TENDERLOIN

This marinade and roasting treatment would also work well with beef eye of round, boneless beef sirloin roast or two pork tenderloins. For those cuts, use a 325 degree oven and a meat thermometer. Allow 2 to 3 hours for the beef roasts to reach 160 degrees on a meat thermometer for medium. Cook the pork tenderloin to 160 degrees also.

### MARINADE:

1/2 c. unsweetened pineapple juice	3 tbsp. lemon juice
1/3 c. steak sauce	1 1/2 tsp. seasoned salt
1/4 c. Worcestershire sauce	3/4 tsp. pepper
1/4 c. port wine	3/4 tsp. lemon pepper seasoning
	3/4 tsp. dry mustard powder

### ROAST:

1 (2 to 3 lb.) beef tenderloin	1/4 c. chutney, large pieces
1 tsp. cracked black pepper	chopped
4 slices bacon	

To make the marinade, stir together ingredients. Place the tenderloin in a large plastic bag and pour the marinade over. Seal and place bag in a shallow baking dish. Refrigerate for 6 to 24 hours, turning occasionally to distribute marinade evenly. Drain meat and reserve marinade.

Preheat oven to 425 degrees. Rub meat with cracked pepper. Place meat on a rack in a shallow roasting pan and arrange bacon on top.

Roast the meat, uncovered, for 35 to 45 minutes or until a meat thermometer registers 135 degrees. Baste twice with reserved marinade during roasting. Remove bacon and spoon chutney evenly over roast. Roast 5 or 10 minutes more, until meat thermometer registers 140 degrees for rare. Use two spatulas to transfer roast to serving platter and let stand 10 minutes before slicing. Serve with more chutney if desired. Serves 8 to 12.

## **BEEF BRISKET BELLE**

Place:

**1 lg. whole beef brisket, trimmed**

in an oven proof baking dish.

Cover with:

**1 bottle ketchup**  
**3/4 c. brown sugar**

**2 to 4 slivered cloves garlic**  
**Salt and pepper to taste**

Sprinkle:

**1 package Lipton Onion soup**  
**mix**

Wrap cooking pan tightly with foil. Bake at 325 degrees for about 3 hours until tender. This makes its own gravy. Put meat on platter to cool and then slice and then return to gravy.

To serve sprinkle with parsley.

*Belle Weintraub*  
*Mother of Ellen Weintraub '71*

## CLASSIC MISTER BRISKET RECIPE

1 (7 to 10 lb.) whole USDA  
choice brisket, point and flat  
intact, with 1/8 inch fat  
covering the top

1 bottle Heinz Chili sauce  
1 env. Lipton's onion soup mix  
1 (12 oz.) can Coca-Cola

The first day: preheat oven or electric roaster for 20 minutes at 325 degrees. Place brisket fat side up into roasting pan. The brisket can be taken right from the refrigerator, it does not have to be at room temperature.

Pour the chili sauce, onion soup mix and the cola into a bowl and mix. Don't be tempted to taste this. It's awful! Dump the mixture over the brisket, lifting the brisket to let some of the liquid spread under it.

Cover and roast until the flat portion of the brisket is fork tender, from 2 to 3 hours. the meat should be tender, but still give a slight tug as you pull a fork out of the brisket. If it is not fork tender, cover the brisket and return it to the oven, checking at 15 minute intervals.

When the brisket is done, remove it from the roaster, and allow to cool at room temperature on a platter. When the gravy has cooled, pour it into a container and refrigerate. Wrap the cooled brisket in plastic wrap and place in the refrigerator overnight.

Once refrigerated, the roasted brisket and cold gravy can remain there 3 to 5 days before slicing, reheating and serving.

The next day: Trim off all visible fat from the cold brisket, turn it over, and place on a cutting board. The lean side of the brisket should be what you are looking at. Look for the grain, the muscle line of the brisket indicated by lines on the meat. With a sharp knife, slice the brisket across or against the grain. If the slice appears stringy, you're slicing the wrong way.

Preheat the oven or roaster to 350 degrees. Remove the gravy from the refrigerator. Remove the fat and discard. Heat the gravy in a saucepan until it boils. Pour over your brisket slices, cover the roaster and reheat your brisket for 1 hour at 350 degrees. Makes 10 generous servings.

## **HAINA'S SUREFIRE BRISKET**

**1 first cut beef brisket (3 to 4 lbs.)**

**2 tbsp. sweet paprika**

**1 tsp. peanut oil**

**3 c. gingerale**

**1 env. Goodman's or Lipton's onion soup mix**

**6 potatoes, quartered**

Preheat the oven to 350 degrees. Coat both sides of the brisket with paprika. In a Dutch oven over high heat, heat the peanut oil until smoking. Add the brisket and sear on all sides. Remove from heat. Stir in the gingerale and onion soup mix. Cover the pot. Roast in the oven 1 hour. Turn the meat over. Cover and cook for 1 additional hour. Add the potatoes and cook for 45 minutes more.

When the brisket is tender, remove it to a cutting board and allow to cool slightly. Slice the brisket across the grain. Drizzle the pan juices over the meat. Serve with the potatoes. Makes 6 servings.

## **BEEF RIBS DIJON**

Preheat oven to 425 degrees.

**4 lbs. standing rib bones**

**1/3 c. Dijon mustard**

**2 tbsp. wine vinegar**

**1/4 c. olive oil**

**1 clove garlic, crushed**

**1 tsp. thyme**

**1/4 c. Worcestershire sauce**

**Pepper to taste**

Preheat oven to 425 degrees.

Mix all ingredients and brush about half over ribs in a baking dish. Every 5 minutes baste with brush again until remaining sauce is gone. Bake at 425 degrees for 20 minutes.

## **SPECIAL CHEDDAR PIE CRUST**

(2 QUART SIZE)

Always brings raves when used as crust for chicken or meat pie, i.e. steak and kidney pie.

- |  |   |
|--|---|
| 1 1/3 c. all purpose flour             | 1/2 c. sharp Cheddar cheese   |
| 1 1/2 tsp. double acting baking powder | 1 lg. egg   |
| 1/2 tsp. baking soda                   | 1/3 (or less) c. buttermilk or regular milk                         |
| 1/2 tsp. salt                          | Egg wash made by beating 1 egg yolk with 1 tablespoon milk in a cup |
| 2 tbsp. butter cut in bits             |   |
| 2 tbsp. vegetable shortening           |   |

Sift flour, baking powder, soda and salt. Add butter and shortening blending until consistency of meal. Mix in Cheddar cheese.

Break egg in cup, add 1/2 of milk beating with fork. Add to other ingredients slowly mixing to make dough, with too much liquid it will be sticky, too little it will be dry, so more liquid may be needed. Gather dough into a ball.

On floured surface pat it down to 1/2 inch thick and roll it so it can be lifted onto the already prepared filling of your pie. Prick surface, brush with egg wash. Bake pie on center rack of 450 degree oven until filling is bubbling and dough is golden and crisp.

Editor's Note: The above recipe would be great over Graham Kerr's elegant leftovers (see recipe).

*Annabelle F. Prager '49*

## **HUNGARIAN NOODLE BAKE**

- |                                  |                              |
|----------------------------------|------------------------------|
| 8 oz. fine noodles               | 2 tbsp. Worcestershire sauce |
| *2 c. cream style cottage cheese | Large splash Tabasco sauce   |
| *2 c. dairy sour cream           | 1 tbsp. poppy seed           |
| 1/3 c. finely chopped onion      | 1 tsp. salt                  |
| 2 cloves garlic, minced          | Dash ground pepper           |

Cook noodles as directed. Drain. Combine with remaining ingredients. Bake in 9 x 13 greased baking dish at 350 degrees for 25 to 30 minutes or until hot. Sprinkle with paprika and shredded Parmesan cheese.

\*Can use lowfat if desired. Delicious as main course or with barbecued pork, beef, chicken or fresh ham.

*Hattie (Hughes) Stone, '54*



## STUFFED CABBAGE LEAVES

### MEAT MIXTURE:

4 lbs. cabbage	1/2 tsp. pepper
1/2 c. rice (washed, uncooked)	1 lg. onion
2 lbs. ground beef	1 tsp. salt
1/2 tsp. garlic powder	

### SAUCE MIXTURE:

1 (No. 2 1/2) can crushed tomatoes	1/2 c. sugar
1 sm. can tomato paste	1/4 c. lemon juice
Pinch soda (add to tomatoes)	Salt and pepper to taste

Cut heart from cabbage. Place in boiling water for several minutes until soft enough to roll. Drain well and when cool place a roll of meat mixture on each leaf at stem end and roll, tucking one side in and after completing the roll tuck the open end in. Place carefully in layers in heavy saucepan. Sprinkle with salt (can be omitted) and pepper. Cover with tomato sauce. Use cabbage leaves that were imperfect to cover the entire pan. Cook slowly, about 2 hours until tender. Makes about 18 medium sized rolls.

Cabbage can be softened in microwave: place in covered dish on high for approximately 10 minutes (depends on size of head).

Rolls can be placed, two layers deep, in pan to be cooked in oven. Cook at 275 degrees F for about 4 hours. The longer it cooks the better.

Can be frozen for use at later date, in fact it is actually better after it has been frozen.

*Ruth Sanders Smith '54*

## **STUFFED CABBAGE**

### **EQUAL VOLUMES:**

Stewing veal, cubed  
Duck thigh, cubed

Chicken thigh, cubed

Cooked in shredded carrot and onion sauteed in a little olive oil. Add 1 teaspoon fresh tarragon leaves. Place cabbage leaves in boiling water, then ice water to retain green color. Wrap up rolls with a piece of baked foie gras in the center. Bake at 350 degrees for 2 hours. Garnish with cherry tomatoes and sliced black olives warmed in broth.

## **VEGETARIAN CHILI**

1 c. diced onions  
1/2 c. green pepper, diced  
2 c. kidney beans

1 c. chopped tomatoes  
1 can plum tomatoes  
1 1/2 c. tomato juice

Place above in a skillet with 1/4 cup steaming water. Add:

3 to 4 tbsp. chili powder  
2 tbsp. cumin  
1/2 tsp. oregano  
1/2 tsp. basil

Dash hot sauce  
1 tbsp. chopped garlic  
Salt to taste  
1/2 c. tomato sauce

Shredded carrots can be added for sweetness. Cook until tender.

## SAUSAGE AND WILD RICE CASSEROLE

2 c. wild rice  
1 lb. sausage  
1 lb. mushrooms  
2 med. to lg. onions  
1/4 c. flour  
1/2 c. cream

2 1/2 c. chicken broth  
1 tbsp. salt  
1 tsp. monosodium glutamate  
1/4 tsp. pepper  
Pinch oregano  
Pinch marjoram

Cook well washed wild rice in boiling salted water 10 to 12 minutes. Drain in colander. Brown sausage and drain on paper and break into small pieces. In same pan, saute sliced mushrooms and chopped onions in sausage fat. After browned, put sausage back in pan with them, without heat.

In a saucepan, mix flour with cream until smooth. Add chicken broth (undiluted) and cook until thickens, stirring. Add seasonings. Mix into sausage, onion, mushroom, rice and put into casserole. Bake 30 minutes at 350 degrees.

*Charlotte (Sprunt) Murchison '46*

**\*\*\*EXTRA RECIPES\*\*\***

# Luncheon- Brunch Dishes

## CACCIATORE

1/2 tsp. garlic  
1 tbsp. Italian seasoning  
2 cans tomato soup  
1 can water  
Spaghetti noodles

1/2 pt. Mix onion, pepper, salt, water. Pour over the chicken; or high setting. Serve over spaghsan cheese.

Hanna Krueger

## CHEESE CASSEROLE

1/4 c. sour cream  
3/4 c. shredded cheddar cheese  
1/4 c. Parmesan cheese  
2 tbsp. parsley flakes  
Salt to taste

in and add the peas and carrots. In a separate bowl, mix all remaining 1/4 cup of the cheddar cheese and vegetables. Place

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## CHICKEN DIVAN

2 (10 oz.) pkgs. frozen broccoli  
2 c. sliced chicken  
1 c. mayonnaise or salad dressing  
2 cans cream of chicken soup  
1 tsp. lemon juice  
1/2 tsp. curry powder  
1/2 c. sharp cheese  
1/2 c. soft bread crumbs  
1 tsp. butter or margarine

Cook broccoli in water; drain. Arrange in greased baking dish. Place chicken on top; combine lemon juice, mayonnaise, curry powder; pour over chicken. Sprinkle with cheese. Combine bread with butter over all. Bake at 350 degrees for 25 to 30 minutes.

Laurie Bruun

## CHICKEN ENCHILADAS

3 chicken breasts  
1 c. shredded cheddar cheese  
1 doz. corn tortillas  
1 pkg. enchilada mix  
1/4 c. oil  
1/4 c. diced onion  
3 oz. sour cream  
1 c. shredded Monterey cheese  
Guacamole

Boil chicken until tender. Cool chicken, too with 2 forks or with your fingers. Mix shredded diced onions (optional), and 1 cup shredded cheese and add salt, if needed. Heat oil in small skillet at one tortilla at a time in oil, 3 to 5 seconds until a tortilla and soften other side. Drain on paper towel. Enchilada sauce mix according to package direction some sauce in bottom of baking dish. Dip tortilla in enchilada sauce; add chicken mixture and roll to place, seam side down, in 12 x 8 inch baking dish. remaining sauce over enchiladas and top with cheese. Bake at 350 degrees for 20 minutes. oven. Top with sour cream and guacamole. Mexican rice and refried beans.





## BECKY'S SPINACH QUICHE

(Real Men Will Eat This!)

Frozen pastry shell, deep dish	1/8 tsp. nutmeg (fresh grated)
4 eggs	Pinch cayenne pepper
2 c. lite or heavy cream	1/2 c. grated Swiss cheese
1/2 tsp. salt	2 tbsp. minced onion
1 pkg. frozen spinach	

Preheat oven to 425 degrees. Combine eggs, cream, salt, nutmeg and cayenne in bowl. Saute onions in 1 tablespoon butter and add to custard mixture. Cook and drain spinach (according to package directions). Put spinach in bottom of pastry shell then cheese. Pour custard mixture over all. Bake for 15 minutes at 425 degrees then lower to 350 degrees and bake 30 minutes more (or until knife inserted in center comes out clean.)

*Becky (Campbell) Moravek '83*

## VEGETABLE PIZZA

1 pkg. crescent rolls, rolled flat like crust	1 pkg. Hidden Valley Ranch mix
1 c. mayonnaise	1 pkg. (8 oz.) cream cheese, softened

Mix mayonnaise, Ranch mix and cream cheese. Bake crescent rolls (flattened, pressed like rectangle crust on cookie sheet), 10 to 15 minutes at 375 degrees. Allow to cool and spread cream cheese mix on top. Garnish with chopped peppers (red, green, yellow), black olives, onions, cauliflower, broccoli, etc. Refrigerate until served.

*Judi Stigle '67*

## FRITTATA DI ZUCCHINI

You can substitute 1/2 lb. thinly sliced mushrooms and two chopped shallots or 3/4 lb. finely chopped spinach and one finely minced garlic clove for the zucchini and onions. Roasted peppers, a variety of herbs or thinly sliced boiled new potatoes are all good additions. The frittata can be prepared one to two hours ahead, covered and served at room temperature.

If you prefer it hot, it can be reheated in a 300 degree F oven.

4 tbsp. olive oil  
1 onion, thinly sliced  
3 med. zucchini, sliced into 1/4  
inch rounds  
Salt and freshly ground black  
pepper

4 eggs  
2/3 c. freshly grated Parmesan  
cheese  
Salt and pepper to taste  
1 tbsp. finely chopped parsley  
3 tbsp. butter

Preheat oven to 375 degrees F. In an ovenproof 9.5 inch nonstick skillet, heat 2 tablespoons of olive oil over moderately high heat. Saute onions until golden brown, about 2 minutes. Add the zucchini and saute until browned on all sides. Season with salt and pepper. Take skillet off the heat and remove onions and zucchini with a slotted spoon and reserve. In a bowl, beat the eggs until well blended. Add the cheese, zucchini-onion mixture, and parsley. Mix well.

Add remaining 2 tablespoons of oil to the skillet if necessary. Heat the oil. When the oil is hot, add the egg mixture. Turn the heat as low as possible. When the eggs have set and thickened and only the top is runny (about 10 to 15 minutes of very slow cooking) run the skillet under the broiler for about 30 seconds to set the top. Loosen the frittata gently with a rubber spatula. Place a plate over the pan, flip it over, and turn the frittata out. Cut into wedges. Serve with sliced tomatoes. Serves 4.



## **VEGETARIAN LUNCH**

### **Marinated Vegetable Mold from the Peninsula Hotel NYC**

Marinate your favorite thinly sliced vegetables in lemon lime juice and olive oil overnight. Hint: Leftovers work fine.

#### **SUGGESTIONS:**

Wilted spinach leaves  
Zucchini  
Yellow summer squash  
Italian plum tomato slices (nice  
for top layer)

Yellow pepper  
Red pepper  
Artichoke bottoms

Decorate a plate with 2 contrasting colored squeeze bottles designs (suggestion: pesto mayonnaise and yellow pepper puree). Take a ring mold (or a coffee can!) and layer your colorful marinated vegetables artfully ending with tomatoes overlapped in a circle. Remove mold and serve proudly.

## PHILADELPHIA CHEESE STEAK SANDWICH

- |   |  |
|---|--|
| 1 Tri-Tip steak or rump roast (2 to 2 1/2 lbs.) | 1 lb. Mozzarella, thinly sliced                  |
| 1 c. fresh mushrooms, thinly sliced             | 2 fresh tomatoes                                 |
| 1 med. yellow onion, thinly sliced              | Hoagie or Baguette Roll                          |
| 1/4 c. olive oil                                | Hot peppers (try cherry peppers or pepperoncini) |
|   | Kosher Dill pickles                              |
|   | Marinara sauce                                   |

Ask your butcher to partially freeze your tri-tip or rump roast and slice it paper thin for you. The only way to slice meat thin enough for this recipe is to stiffen it by partially freezing it. A professional meat slicer makes this job easy, but a sharp Chef's knife at home can also do the job.

On top of stove over medium high heat, heat olive oil in heavy skillet, (preferably cast iron), and saute onion 1 to 2 minutes and add mushrooms and sliced meat. With a fork in each hand shred the meat and continue to cook over high heat until most of the pink in the meat has faded.

Arrange single sandwich portion of meat, mushroom and onion mixture into a row in pan the same length as the sandwich roll. Put sliced cheese on top of mixture and bottom half of roll on top of cheese. When cheese melts get a spatula under the meat and turn over with cheese on bottom and meat mixture on top. Add chunks of tomato, pickle and hot pepper to taste. Top with marinara if you wish. Top off with other half of sandwich roll. Roll up your sleeves and enjoy.

To eat these without having them drip all over the place, wrap them with aluminum foil or dish towel and peel down unwrapping as you eat, sort of like a banana.

*Wendy C. Weiler '71*

## HAWAIIAN CHICKEN SALAD

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 4 c. chicken, cooked and diced | 1 (20 oz.) can pineapple, drained |
| 3/4 c. mayonnaise              | 1/2 c. golden seedless raisins    |
| 3/4 c. plain yogurt            | 1/2 c. chopped walnuts            |

Dice pineapple and mix all ingredients above. Serve in a large lettuce leaf.

## **MANDARIN CHICKEN SALAD**

- |                                |                                |
|--------------------------------|--------------------------------|
| 1/3 c. bottled French dressing | 1 c. diced celery              |
| 2/3 c. mayonnaise              | 1 c. drained, mandarin oranges |
| 1 tsp. salt                    | 1/2 c. walnuts, chopped        |
| 1/2 tsp. pepper                | 1 c. cold Original Minute Rice |
| 1 c. diced, cooked chicken     |                                |

Combine first seven ingredients. Add rice, oranges and nuts. Mix lightly. Chill at least 1 hour. Serve over lettuce.

*Wendy C. Weiler '71*

## **CHICKEN SALAD SANDWICHES**

### **3 chicken breasts**

Left skin side up and place seasonings underneath. Bake in a 350 degree oven for 15 to 20 minutes. Allow to cool, pull skin off. Cut in half lengthwise and then julienne. Add:

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 stalk diced celery        | 2 tsp. Dijon mustard        |
| 1 Granny Smith apple, diced | 1/2 c. mayonnaise (homemade |
| 1 red onion, julienned      | lemony variety is best)     |
| Pinch of tarragon           |                             |

Dice:

### **4 oz. brie**

Make sure it's cold before julienning and dicing. Place on good sourdough bread, with a little arugula or romaine. Serves 4.

## MANGO CHICKEN SALAD

3 lbs. boneless chicken breasts	1/4 c. plain yogurt
2 tbsp. fresh lemon juice	1/4 c. mayonnaise
2 mangoes, peeled and cut into cubes	1 1/2 tsp. curry powder
2 cucumbers, peeled, seeded and chopped	1/2 tsp. ground cumin
4 scallions, minced	1 tsp. dried coriander
	1 c. roasted cashew nuts, chopped

Poach chicken breasts in water. Cut into bite sized pieces. In a large bowl toss chicken, lemon juice, mangoes, cucumbers and scallions. In a small bowl whisk yogurt, mayonnaise, curry powder, cumin and coriander. Add dressing to chicken mixture. Salt and pepper to taste. Chill. Add cashews just before serving.

*Frances Root '80*

## MOLLY'S COLD CURRIED CHICKEN

2 lg. whole chicken breasts, split      1 med. size sweet red bell pepper  
2 c. chicken broth or water

### SAUCE:

2 tbsp. minced onion	1/2 c. tomato juice
1 lg. garlic clove, peeled and crushed	2 tsp. lime or lemon juice
2 tbsp. olive oil	1 tbsp. sieved apricot jam
2 tsp. curry powder	1/2 c. mayonnaise
1 tsp. tomato paste	1/2 c. sour cream

Garnish:

Lettuce leaves

Minced parsley

Poach the chicken, partially covered, in simmering broth for 20 minutes or just until cooked. Be careful not to overcook or the chicken will be dry. Drain and, when cool enough to handle, strip off the skin and bones and cut the chicken into julienne strips, about 1 1/2 inches long and 1/2 inch wide, following the grain of the meat.

Seed and core the pepper and cut it into matchstick slivers. Place the pepper and chicken breasts in a mixing bowl and reserve. (Put in refrigerator if sauce is not ready.)

To make the sauce: saute the onion and garlic in the olive oil until slightly softened, but do not brown. Add the curry powder and cook briefly. Stir in the tomato paste, tomato juice, lime or lemon juice and apricot jam and cook at a low simmer for 10 minutes. Cool to room temperature and combine with the mayonnaise and sour cream. Mix the sauce with the chicken and pepper. Chill if desired. Serve on a bed of lettuce leaves and sprinkle with minced parsley. Makes 4 servings.

## **DRIED CRANBERRY ALMOND SOUFFLE OMELET WITH ORANGE SAUCE**

Mix together:

2 egg yolks  
1/2 tsp. arrowroot  
1/2 tsp. cardamon

2 tsp. soft brown sugar  
4 oz. egg substitute

Combine and set aside:

1/3 c. dried fruits

2 tbsp. dried cranberries

Beat:

2 egg whites

1/2 tsp. cream of tartar

On a medium high heat, with the broiler on, heat in a saucepan:

1/2 c. fresh orange juice  
1/4 c. water

4 tsp. cornstarch is liquified and  
then added

Stir. Take a small amount of egg whites and lighten up egg yolk mixture then add to remainder of egg whites and fold. Stir. Remove orange juice sauce from heat. Place 1 tablespoon of butter into skillet then eggs then fruit. Cook a couple minutes, pushing fruit underneath. Sauce is whisked into 1/4 cup strained yogurt. After 2 minutes under broiler omelet is golden. Ease out of pan onto serving platter and top with sauce. Cut into quarters to serve. Garnish top with almonds, cardamon and cranberries. Serves 4.

*Graham Kerr*

## **GRAVLAX PIZZA**

**1 cooked pizza shell, warm**

Spread with:

**1/2 c. sour cream**

Spread thinly sliced:

**Red onion**  
**Fresh basil, leaves in large**  
**pieces, not diced**

**Black cured olives**

Spread with thinly sliced smoked salmon (gravlax). Place additional onion on top. More basil. Drizzle with:

**Olive oil**

Serve.

## **CHEESE BETTY**

**(FOR A CROWD)**

**5 loaves sliced bread**  
**3 1/2 gal. milk**  
**4 doz. eggs**  
**12 lb. grated cheese**

**5 tbsp. salt**  
**3 tsp. pepper**  
**2 lbs. soft butter**

Butter casseroles. Place layer of bread, layer of cheese; 2nd layer of bread and 2nd layer of cheese; third layer of buttered bread. Beat eggs slightly and mix with milk, seasoned with salt and pepper. Just before putting casseroles into oven, pour over 1 quart milk and egg mixture. Bake 25 minutes. Serve immediately. Makes 20 casseroles.

*The Sweet Briar Sampler*

## **CRABMEAT SALAD**

1 lb. Maine or Maryland  
crabmeat  
1 Cucumber  
1 Mango  
1/4 c. Lime juice

3 tbsp. Olive oil  
Coriander  
Mint  
1/2 c. chopped peanuts

Place in 2 squeeze bottles:

Cucumber coulis (olive oil and  
cucumber, pureed)

Mango coulis with lime juice  
(olive oil, mango, and lime  
juice, pureed)

Season crab with lime juice, fresh pepper, mint and coriander, and olive oil. Diced cucumber and diced mango and lime juice are mixed with salt and pepper and a touch of olive oil.

Place crab mixture in a little ring mold. Place mango and cucumber on top. Decorate with julienned cucumbers and mango and sprinkle with peanuts. Lift off ring mold carefully. Decorate plate with coulis.

*Restaurant Daniel  
NYC*

## **CHEESE FONDUE PUDDING**

8 slices stale bread, decrusted  
and buttered  
1 1/2 lb. sharp Cheddar cheese,  
cut into small cubes  
1 sm. onion, minced  
1 tsp. brown sugar  
1/2 tsp. dry mustard

1/8 tsp. pepper  
Shake cayenne pepper  
6 eggs, beaten  
2 1/2 c. milk  
1/4 c. paprika  
1/2 tsp. salt  
1/2 tsp. Worcestershire sauce

Layer bread and cheese in buttered casserole. Add all ingredients to eggs and beat thoroughly. Pour over cheese dish. Refrigerate overnight. Bake in pan with hot water in 300 degree oven at least an hour. Cover for first 1/2 hour of baking. This will not fall so can be kept warm for a long time.

Can be frozen, let thaw before cooking. Mix leftovers with ground chuck for a good meat loaf.

*Dee Howe (Dorothy H) '34*



## **FRENCH ONION SAUTE**

**(HAM, TURKEY AND ONION SANDWICHES)**

1 sm. onion, sliced  
1 tomato, diced  
2 tbsp. vegetable oil  
1 Italian roll

2 slices turkey  
2 slices ham  
2 slices Swiss cheese

Saute the onion and tomato in the vegetable oil. To assemble the sandwich, put ingredients on the roll in the following order: turkey, onions and tomatoes, ham. Top with the Swiss cheese. After assembling the sandwich, it may be put under the broiler to melt the cheese if desired. Yield: one sandwich.

## **GRILLED MOZZARELLA IN ROMAINE WITH SUN DRIED VINAIGRETTE**

8 lg. romaine leaves  
1 lb. whole milk Mozzarella, cut  
into 8 pieces  
8 fresh basil leaves

1 c. olive oil  
Mixed lettuce leaves  
Sun dried Vinaigrette (recipe  
follows)

Light a charcoal fire in an open grill. Meanwhile, steam the romaine leaves over boiling water until soft and pliable, about 1 minute. Place a basil leaf on top of each piece of cheese. Place each piece of cheese in the center of a romaine leaf and carefully wrap each into a bundle. Place in a shallow bowl, pour the cup of olive oil over and chill.

Over a medium hot fire, grill the romaine bundles until the Mozzarella is soft to the touch (5 to 8 minutes). Place on a bed of greens and pour vinaigrette over the top. Serves 8.

### **SUN DRIED VINAIGRETTE**

1 c. extra virgin olive oil  
1/4 c. balsamic vinegar  
1/4 tsp. chopped garlic  
1/4 tsp. chopped shallot  
1/2 tsp. sugar

2 tbsp. chopped sun dried  
tomatoes  
1 tbsp. fresh basil  
Salt and freshly ground black  
pepper to taste

Mix all the ingredients in a bowl and store in the refrigerator until ready to use. Serves 8.

*Mark's Place Restaurant, Miami, FL*

## ONION TART

5 onions  
2 tbsp. vegetable oil  
4 eggs  
3 c. milk  
3 c. cream

Salt and pepper  
1/8 tsp. nutmeg  
Pastry dough to form a 16 inch  
circle (see recipe for Pate  
Brisee)

Heat oil in a pan. Cut onion into thin slices lengthwise. Beat eggs lightly with a whisk. Saute onion slices. Stir milk and cream into beaten eggs. Salt and pepper. Add nutmeg (freshly grated if possible). Remove onions when they become golden at the edge. Season with salt and set aside.

Sprinkle dough with flour and roll into a circle. Fold into half then a quarter. Unfold and line pie plate. Remove excess by using rolling pin across top.

Pierce bottom of pie shell with a fork. Bake at 350 degrees 10 minutes until light golden. Spread onions on tart. Pour egg mixture over onion. Bake for 30 minutes until tart is golden brown. Serves 6.

## TOMATO TART

1 unbaked pie shell  
2 tbsp. Dijon mustard  
8 oz. Mozzarella cheese (sliced  
1/4 inch thick)  
4 fresh med. tomatoes, sliced

1 clove finely chopped garlic  
2 tbsp. herbs of provence  
2 tbsp. olive oil  
Salt and pepper to taste

Preheat oven to 350 degrees. Bake pie shell for 10 minutes and allow to cool 10 minutes (be sure to prick pie shell before baking).

Line cooked pie shell with Dijon mustard. follow by a layer of Mozzarella cheese. Then arrange the tomato slices over the cheese in an overlapping layer. Sprinkle tart with garlic, herbs, salt and pepper. Drizzle olive oil over the whole tart.

Bake for 40 minutes. Allow to sit for 5 to 10 minutes before serving.

*Frances Root '80*

## **SPINACH CHEESE PIE**

(SPANAKOPITA)

- |   |                          |
|---|--------------------------|
| 1/2 lb. spinach, cleaned and<br>chopped | 4 scallions              |
| 10 leaves filo dough                    | 1 1/2 c. feta cheese     |
| 1 bunch dill                            | 5 eggs                   |
| 1 bunch flat leaf parsley,<br>chopped   | Salt and pepper to taste |
| 2 leeks, diced                          | 1/2 c. semolina flour    |
|   | 1 tbsp. olive oil        |
|   | 1/2 c. milk              |

Remove roots from dill and finely chop. Grate feta cheese on widest hole of grater. Parsley is added to spinach and dill. Diced leek is added. Scallions are added. Season. Mix well with hands all above ingredients except filo dough. Semolina is added last then olive oil then milk.

Brush olive oil over bottom and sides of a baking dish or deep pan. Press first of 10 leaves of filo dough firmly on the bottom of the pan. Brush with olive oil. Add a layer of spinach. Add another layer of filo dough leaving no spinach exposed, brush again generously with olive oil. Layer repeating the process three times, brushing the final layer of filo well with olive oil. Tuck in sides and corners well. Bake at 350 degrees for 25 minutes or until golden.

*Symposio Rest. in Athens, Greece*

## **POT OF GOLD BEER PANCAKES**

- |  |                                |
|--|--------------------------------|
| 1/4 lb. Edam cheese                      | 2 to 4 tbsp. butter            |
| 3 tbsp. Guinness Stout, or other<br>beer | 1/2 c. flour                   |
| 2 eggs                                   | Salt to taste                  |
| 1/2 c. milk                              | Honey or maple syrup           |
|  | Orange and parsley for garnish |

Shred the cheese on a grater.

Place 1/2 cup flour in a mixing bowl. Break in the eggs. Use a hand blender to mix. Add some of the milk. Add the grated cheese. Then add remaining milk and blend.

Add 3 tablespoons beer to the batter. 2 tablespoons butter are placed in a skillet on high heat. Add batter thinly and flip when golden. Serve folded into quarters. Spoon on honey, garnish with orange sections and parsley. Serves 4.

## POTATO-CHEESE SOUFFLE

- |  |                                |
|--|--------------------------------|
| 3 sm. baking potatoes, peeled<br>and cut into 1 inch cubes | 1/2 c. half and half           |
| 1 egg  | 1 c. grated Gruyere cheese     |
| 1 c. ricotta   | 1 1/2 tsp. kosher salt         |
|  | Freshly ground pepper to taste |

Preheat oven to 350 degrees. Place the potatoes in a medium saucepan and cover with cold water. Bring to a boil, lower the heat, cover and simmer until tender, about 15 minutes. Drain and pass through a ricer.

In a medium bowl, whisk the egg and ricotta until smooth. Whisk in the half and half and 3/4 cup of Gruyere. Stir in the potatoes. Season with the salt and pepper. Scrape into a small casserole dish and bake until heated through and set, about 30 minutes. Sprinkle the remaining Gruyere over the top and bake just until the cheese is melted. Divide among 4 plates and serve. Yield: 4 servings.

## FISH TACOS WITH CILANTRO PESTO

- |                               |                            |
|-------------------------------|----------------------------|
| 1 white fish filet per person | 1 corn tortilla per person |
|-------------------------------|----------------------------|

Place filets into ice cold water with sea salt to remove fishy aroma. Place one leaf of cilantro on top of each filet. Add freshly ground black pepper. Fold over twice (ends toward center). Brush broiler pan lightly with oil. Broil for 6 minutes. In a processor, process:

- |  |                    |
|--|--------------------|
| 3 c. cilantro, stalks removed and<br>discarded | 1/4 c. olive oil   |
| 1 c. feta cheese or Mexican<br>grated cheese   | 5 cloves of garlic |
| 1 c. walnuts                                   | 2 jalapenos        |
- Roll a lemon on the counter and  
squeeze its juice into the  
mixture

Steam corn tortillas. Place a dollop of pesto on tortilla then fish. Garnish with finely sliced purple cabbage, chopped tomato, and finely sliced green onion.

## CROQUE MONSIEUR

1/2 lb. Swiss cheese  
1/4 c. dry mustard or 1 tsp.  
Dijon mustard  
1/2 lb. Prosciutto

1 lg. egg yolk  
1 tbsp. Worcestershire sauce  
Pinch cayenne pepper

Slice a freshly baked loaf of bread (it must have no sugar) into lengthwise slices. Remove brown crusts.

Place Swiss cheese, in chunks, into a food processor with the egg yolk until creamy, add mustard. Spread cheese paste over one side of each slice of bread. Place prosciutto, or any good thinly sliced ham, in a folded and piled fashion down the center of the bread. Top with the second cheese spreaded bread slice. Cut into slices on the diagonal and press together all round the borders, using the cheese spread as a sort of adhesive paste.

Place into hot butter and olive oil in a frying pan. Turn when golden and cook on other side. Place on absorbent paper to blot excess oil. Place decoratively on a platter and serve warm. Serves 4.

*Ellen Weintraub '71*

## **SALMON BURGER WITH PERNOD, MUSTARD AND DILL MAYONNAISE**

20 oz. fresh salmon fillet, cut  
into 1/4 inch dice  
1 tbsp. Dijon mustard  
1 tbsp. chopped fresh dill  
Salt and pepper

8 slices broiche or other favorite  
roll  
Pernod, Mustard and Dill  
mayonnaise (recipe follows)

In 5 quart glass or stainless steel bowl, gently combine salmon, mustard and dill. Season to taste with salt and pepper.

Form salmon mixture into 4 (1 inch) thick burgers. Cover with plastic wrap and refrigerate at least 2 hours so they will hold shape while cooking.

Heat well seasoned flat griddle or nonstick skillet on medium high. When hot, cook burgers about 5 minutes on each side. Toast brioche or other favorite roll on griddle or in skillet until golden brown, about 1 minute.

Spread each slice of bread with a dollop of Pernod, Mustard and Dill Mayonnaise. Sandwich the salmon burgers between 2 slices of bread and serve immediately with remaining mayonnaise on the side. Makes 4 burgers.

### **PERNOD, MUSTARD AND DILL MAYONNAISE:**

1/2 c. mayonnaise  
1 tbsp. Dijon mustard  
1 tsp. Pernod (an anise flavored  
liqueur)

1/2 tsp. chopped fresh dill  
Salt and pepper

In glass or stainless steel bowl, whisk together mayonnaise, mustard, Pernod and dill. Season with salt and pepper. Cover with plastic wrap and refrigerate until needed. Makes 2/3 cup.

*from The Burger Meister  
by Marcel Desaulniers  
Simon and Schuster*

## ITALIAN SPINACH-RICOTTA PIE

Follow directions for baking one pie shell. While it is baking, prepare filling. Preheat oven to 350 degrees.

- |  |   |
|--|---|
| 1 tbsp. butter or margarine                    | 2 eggs  |
| 1 c. minced onion                              | $\frac{3}{4}$ tsp. salt                         |
| 1 (10 oz.) pkg. frozen chopped spinach, thawed | $\frac{1}{4}$ tsp. pepper                       |
| 1 (15 oz.) container ricotta cheese            | $\frac{1}{4}$ tsp. ground nutmeg                |
|  | $\frac{3}{8}$ c. freshly grated Parmesan cheese |

Thoroughly drain spinach, using hands to squeeze out as much moisture as possible. Melt butter and fry onion until soft. Add spinach and stir until most of the moisture is gone. Remove from heat. In large bowl add all the other ingredients to the spinach and stir until mixture looks like green and white marble. Pour into baked pie shell. Bake at 350 degrees for about 40 minutes or until top is golden and filling set.

## CRAB SALAD

- |   |                                |
|---|--------------------------------|
| 2 lbs. crab meat                                      | 6 drops Tabasco sauce          |
| 3 tbsp. capers, drained and rinsed if packed in brine | 4 tbsp. finely chopped chives  |
| 1 tsp. salt   | 1 c. sour cream                |
|   | 2 to 3 tbsp. dill, for garnish |

Clean crab carefully to remove shell and filament fragments. Combine all ingredients except dill; mix gently. Garnish with dill. (Salad may be made several hours in advance, keep chilled until serving.) Makes 8 servings.

## SHRIMP-STUFFED EGGPLANT

1 eggplant, about 1 1/4 lbs.  
1/4 c. mushrooms, sliced  
1/2 c. chopped fresh onions  
1/4 c. melted butter or  
margarine  
1 tsp. salt

1/8 tsp. pepper  
1 lb. shelled, cleaned and cooked  
shrimp  
2 tbsp. bread crumbs  
1 tbsp. grated Parmesan cheese

Cut eggplant in half lengthwise and scoop out pulp, leaving 1/2 inch shell. Parboil shells 5 minutes; drain, reserve. Chop the pulp and saute chopped eggplant, mushrooms and onions in butter or margarine over medium heat for 10 minutes, stirring occasionally. Mix in salt, pepper and shrimp. Pile into eggplant shells. Sprinkle with bread crumbs and cheese. Bake in 375 degree oven about 25 minutes. Makes 4 servings.

## ARCADIA BURGER

2 lbs. ground round  
2 lbs. ground chuck  
1/4 c. fresh basil, chopped  
4 tbsp. fresh parsley, chopped  
2 1/2 tbsp. fresh thyme, chopped  
1 1/2 tsp. dried, ground poblano  
chili

3/4 lb. unsalted butter, softened  
2 tsp. kosher salt, plus more to  
taste  
1 tsp. freshly ground black  
pepper, plus more to taste

Combine the ground meats by hand in a large bowl, taking care not to overwork them. Blend the herbs and the chili with the butter in a food processor until thoroughly mixed. Season with salt and pepper. On a piece of plastic wrap shape the butter into a fat sausage shape and freeze until hard, about 30 minutes.

Gently shape the meat into 10 patties and season the tops and bottoms with salt and pepper. Slice the herb butter into 1/2 inch slices and insert one slice into the center of each beef patty. Make sure the butter is well covered by the meat.

Grill or broil until desired doneness. Serve on toasted buns with desired accompaniments. Yield: 10 servings.

*Arcadia Restaurant  
NYC*



## QUICHE FLORENTINE

Bake 2 (8 inch) pie shells in a preheated 375 degree oven for just 5 minutes. Cook:

**1/2 c. minced onion**

**1/4 c. butter**

onion in butter until soft. Wash a:

**Small bunch of spinach**

and discard stems. Chop spinach leaves finely and add to onion with:

**1 1/2 cups pitted ripe olives cut  
in wedges.**

Cook until spinach is soft and bright green. Combine:

**4 eggs**

**1 1/2 c. milk**

**1/2 tsp. salt**

**1/8 tsp. pepper**

**Dash of nutmeg**

Beat well. Add spinach mixture and 1 cup grated Swiss cheese. Mix well and ladle into pie shells. Bake at 375 degrees for 30 minutes or until knife inserted in center comes out clean. Serves 8.

## QUICK CALZONE

1 pkg. hot roll mix	1/2 c. shredded Mozzarella
1 egg	cheese
3/4 c. water	1/4 c. grated Parmesan cheese
1 tsp. salt	2 tbsps. chopped black olives
1 can (1 lb.) whole tomatoes, drained	1 tsp. crumbled leaf oregano
1/4 lb. Italian salami chopped (1 cup)	Salt to taste

Prepare hot roll mix with egg and water, following directions on label. Let rise until double. Combine tomatoes, salami, Mozzarella and Parmesan cheese, olives, oregano and salt in a medium size bowl. Reserve.

Divide the dough into 12 even pieces and roll out on floured board to 6 inch rounds. Spoon a scant 1/4 cup filling on half the round. Fold over and pinch together by using the tines of a fork. Place on greased cookie sheet. Brush lightly with oil. Bake in 375 degree oven for 20 minutes or until lightly golden.

## CALZONE (A PIZZA TURNOVER)

### DOUGH:

For three 12 inch disks:

3 c. all purpose flour	3/4 to 1 c. cold milk
1 pkg. active dry yeast and 1/8	1 1/2 tsp. salt
tsp. sugar dissolved until	2 tbsp. olive oil
foaming in 1/2 c. tepid water	

### FILLING (PER CALZONE):

1 fresh sweet Italian sausage  
1 lg. fennel bulb  
1 lg. white leek (or an onion)  
1 med. red and/or green pepper  
Garlic oil (1 lg. clove garlic,  
minced, in 3 tbsp. olive oil)  
Salt, pepper and lemon juice

Cheeses: 1/4 c. fine grated  
Parmesan; 1/3 c. coarse  
grated Swiss; 1 oz. Jack or  
soft Cheddar, cut into strips  
Herbs: minced parsley, your  
choice of others, fresh or  
dried

Equipment: A vegetable steamer plus a pizza baking stone and paddle, the hot baking surface is essential to prevent soggy bottoms.

By hand or machine? Whichever you prefer. I like the ease of mixing and preliminary kneading in a processor, then a final kneading by hand. If your machine is too small for the recipe, process in two batches and combine them for the final hand kneading (the ready dough can wait an hour or so.)

Form the calzones one at a time, they take only 6 minutes to bake. Measure the flour into the machine (not plastic blade). Turn it on. Add the yeast mixture and 3/4 cup of milk, then the salt and oil plus dribbles more milk until dough masses. Let rest 5 minutes.

Dough has more body after it has rested; process 2 seconds more, then turn dough out onto a lightly floured board. Knead 50 strokes, let rest 2 minutes, knead 20 strokes more. Dough should be soft and smooth.

Let the dough rise in a covered bowl for 1 1/2 hours or until doubled in bulk. Turn it out and divide into three. Form gently between your hands into small balls. Cover and let rest 10 minutes.

As dough rises, steam and slice sausage, slice and steam vegetables. Place baking stone in oven and preheat to 500 degrees. After dough has rested, roll, toss and twirl a ball into a 12 inch disk; place on your lightly floured paddle.

Leaving a free 1/2 inch all around, rapidly paint surface with garlic oil. Salt lightly. On half of the disk, spread in layers half the cheeses, the vegetables, sausage, the remaining cheese, drops of oil and lemon juice.

After flipping over the top half and pressing edges of dough together with your fingers, paint with oil. Salt lightly. Slide calzone onto the hot pizza stone and bake for 6 minutes, or until nicely browned.

## **RICOTTA SOUFFLE**

- |  |   |
|--|---|
| 1 tsp. olive oil                                       | 1/2 small onion, cut in julienne strips (1/2 cup) |
| 1/2 med. zucchini, cut in julienne strips (1 cup)      | 1/4 c. chopped fresh basil                        |
| 2 carrots, cut in julienne strips (1 cup)              | 1/2 c. plain bread crumbs                         |
| 1/4 lb. mushrooms, cut in julienne strips (1 1/2 cups) | 1 c. nonfat ricotta cheese                        |
|  | 1 whole egg                                       |
|  | Salt and freshly ground pepper                    |

Preheat oven to 400 degrees. Heat oil in a medium size, nonstick skillet. Add zucchini, carrots, mushrooms and onion, cover and cook over medium heat for 5 minutes. Meanwhile, mix basil with bread crumbs and add salt and pepper to taste.

Remove vegetables to a bowl and mix with ricotta cheese and egg. Add salt and pepper to taste. Spread in a thin layer in an 8 x 10 inch baking dish. Spread bread crumbs on top. Bake 15 minutes. Serves 2.

## AMALFI NICOISE

Serves 2.

3 c. assorted lettuce  
1 c. string beans  
8 new potatoes  
1/4 c. sliced red onion  
1/4 c. black olives  
2 ripe tomatoes, in wedges

1/2 c. sliced cucumbers  
2 hard boiled eggs, halved or  
sliced  
1 (7 1/2 oz.) can Italian tuna in  
olive oil  
Vinaigrette or Italian dressing

Line a salad bowl with the lettuce. Arrange vegetables, eggs and tuna on top. Toss salad with dressing. Serve with breadsticks and minted iced tea or white wine.

### DRESSING:

1/4 c. balsamic vinegar  
3 tbsp. Dijon mustard

1/4 c. extra virgin olive oil  
1 tsp. dried oregano

Whisk mustard into balsamic vinegar. Add oregano and whisk in olive oil slowly so it emulsifies.

*Ellen Weintraub '71*

## SONOMA COBB SALAD

A pungent, rich goat cheese dressing elevates this classic way beyond its tearoom origins. Serves 4.

- |  |   |
|--|---|
| 6 c. Boston and Bibb lettuce,<br>cleaned | 1 lg. ripe avocado, diced                                   |
| 1 c. trimmed watercress                  | 1/2 c. sliced scallions                                     |
| 1 c. chopped Belgian endive              | 2 whole cooked chicken breasts,<br>cut into small chunks    |
| 1 lg., ripe tomato, chopped              | 8 slices bacon, cooked until crisp,<br>drained and crumbled |
| Goat-cheese dressing (recipe<br>follows) | 1/3 c. crumbled goat cheese                                 |

In a large bowl combine the lettuce, watercress, endive and tomato. Mix with half the dressing.

Arrange the remaining ingredients decoratively on the greens. Offer remaining dressing separately. Serve with a crusty dark or sour-dough bread.

### GOAT CHEESE DRESSING:

In a food processor or blender combine:

- |  |                                 |
|--|---------------------------------|
| 2 peeled garlic cloves                   | 1/2 c. each mayonnaise and milk |
| 1/4 c. each chopped scallion and<br>dill | 1/4 tsp. thyme                  |
| 4 oz. mild goat cheese                   | 1/2 tsp. salt                   |
|  | Dash each pepper and Tabasco    |

Process until smooth. Chill until needed. Makes 1 1/2 cups.

## **TOMATO ONION PIE**

When made with the whole wheat brioche that follows on p. 351, this dish is a cross between a deep dish pizza and a tomato quiche. It is zesty and filling, fine for a brunch or light dinner.

**1 lb. onions, coarsely chopped**

**2 tbsp. olive oil**

**1/2 recipe for whole wheat**

**brioche**

**1 tsp. salt**

**Freshly ground pepper to taste**

**1 c. thick tomato sauce,  
preferably homemade**

**2 tsp. rosemary**

**1 c. freshly grated Parmesan  
cheese, about 4 oz.**

Cook the onions in oil over very low heat until they are very soft. This will take 25 to 30 minutes. When done, add the salt and pepper. Preheat oven to 375 degrees. Roll out the brioche dough, as thinly as possible, to fit a 9 or 10 inch pan. Place into a deep sided ceramic quiche pan or pie pan.

Spread one third cup sauce over the dough. Sprinkle with one teaspoon rosemary and add half the Parmesan. Then layer with another one third cup sauce, the onions and the rest of the cheese. Top with the rest of the tomato sauce and sprinkle on the last teaspoon of rosemary.

Bake for 35 minutes, or until the dough is firm and the filling bubbly. Serve warm or at room temperature. Yield: 4 servings.

## CHEESE AND ONION TART

This is another variation on a quiche, flavored with cheese, onions and thyme. It tastes as good the next day, at room temperature or slightly warmed.

1 lb. onions, coarsely chopped  
2 tbsp. butter  
1 tsp. salt  
Freshly ground pepper to taste  
1 tsp. thyme  
1/2 recipe whole wheat brioche,  
see below

4 eggs, slightly beaten  
1 c. heavy cream  
1 c. freshly grated gruyere, about  
4 oz.

Cook the onions in butter over very low heat, until very soft. This will take about 25 to 30 minutes. Sprinkle with salt, pepper, half the thyme and set aside. Preheat oven to 375 degrees.

Roll out the brioche dough, as thinly as possible, to line a 9 or 10 inch deep dished pan. Place in a ceramic quiche pan or pie pan.

Combine the eggs and the cream, mixing lightly. Spread one half the cheese over the dough, then layer with onions, and the rest of the gruyere. Straining through a sieve, pour the egg and cream mixture into the pan. Sprinkle with remaining thyme.

Bake about 35 minutes or until the dough is firm and the filling is browned and slightly firm. Allow to rest for about 15 minutes before serving. Yield: 4 servings.



## WHOLE WHEAT BRIOCHE

This recipe can be used to prepare the traditional breakfast brioche, but I find it more satisfying and flavorful than the usual pastry crust used in tarts and vegetable pies. It can be prepared ahead, the day before or the morning you plan to serve either of the above dishes.

- |  |  |
|--|--|
| 1/4 c. warm water                                      | 1 1/2 tsp. salt  |
| 1 tbsp. or 1 pkg. active dry yeast                     | 5 eggs, at room temperature                                    |
| 3 c. approximately unbleached,<br>enriched white flour | 4 oz. butter, at room<br>temperature, cut into small<br>pieces |
| 1 c. whole wheat flour                                 |  |

Combine water and yeast and set aside for about 5 minutes. In a large mixing bowl combine one cup white flour, the whole wheat flour and salt. Make a well, pour in yeast and water mixture and mix well. Break two eggs into well and mix, making sure all the flour is incorporated.

Add butter, bit by bit, mixing well. The dough will be a bit stiff at this point. Add remaining eggs, then additional flour, about one half cup at a time, until the dough can be worked with the hands. Knead for 7 to 10 minutes, dusting only as necessary to keep it from sticking. The dough should be soft and easy to knead.

Place dough in a bowl, cover with a cloth and let rise in a warm place (70 to 75 degrees) until double in bulk, about one and half hours.

Punch down and let rise a second time, for about 2 hours. Punch down again and roll out to desired size. (The dough can also be placed in the refrigerator after the first rise, for up to 12 hours. when ready to prepare, remove from refrigerator, punch down, and allow an additional 2 hour rise at room temperature before rolling out the dough. Yield: 2 (9 inch) pastry shells.

## **LO CAL MUSHROOMS IN BAGUETTES**

Brown:

**1/2 c. shallots, chopped**

in:

**1 tsp. olive oil**

Add:

**1 tsp. fresh thyme**

**1 tsp. parsley**

**1/8 tsp. cayenne pepper**

Add:

**2 tbsp. chicken stock**

**1/2 c. nonfat milk**

**1 c. Chardonnay white wine**

Reduce by half. Add 2 tablespoon cornstarch, softened in water first and mix well. Stir while thickens. Add:

**1 cup yogurt cheese**

Mix well. Brown:

**2 slices Canadian bacon, diced**

**1 tablespoon olive oil**

Add stems of Chanterelle mushrooms. Simmer and add:

**1/2 cup chicken stock**

Add tops of

**1 lb. of Chanterville mushrooms**

Coat well. Simmer. Add "creamy" sauce. Spoon out doughy center of diagonal slices of the baguette. Place on a platter and spoon mushroom sauce over. Serves 4.

*Graham Kerr*

## **RAVIOLI WITH TRUFFLES**

4 clean leeks, white part only	1/4 c. cream
6 tsp. butter	12 ravioli skins
4 slices bacon	1 egg yolk
2 sm. cans truffles	1 c. chicken stock
1/4 c. port wine	2 tsp. chopped chives

Julienne leeks, then in half and then cut into matchsticks. Heat butter in a saucepan. Cut bacon into pieces. Cut truffle into matchsticks. Add all to 2 teaspoons butter in saucepan. Add wine. Add cream. Reduce over medium heat until leeks turn amber color about 10 minutes.

Lightly beat egg yolk and brush on one side of each ravioli round. Place 2 teaspoons of leek mixture in each circle of ravioli. Fold over and pinch edges using cookie cutter same size as ravioli round, making decorative border. Cook 6 minutes in salted water. Arrange 3 ravioli on each serving platter.

Heat chicken stock; add remaining butter. Add chives. Spoon 1/4 cup of sauce over ravioli. Slice truffle and place on each ravioli. Serves 4.

## **CROQUETTI DI SPINACI**

2 lbs. spinach, cleaned	Salt
4 tbsp. butter	Flour for dredging
8 oz. ricotta cheese	1/3 c. extra virgin olive oil for
1 1/2 c. Parmesan cheese, grated	frying
4 scrapes of fresh nutmeg	2 eggs

Blanch spinach in water. Drain in colander. Place a heavy dish on top and squeeze water out. While hot place spinach in a large mixing bowl and add 4 tablespoons of soft butter.

Place oil on medium heat. Ricotta cheese, drained is added to the spinach, with 1 1/2 cups grated Parmesan cheese, a pinch of sea salt, and a pinch of nutmeg. Mix well, Shape into quenelles with 2 large spoons. Dredge in flour, then beaten egg and then fry in heated oil. Serve with freshly grated Parmesan.

## NEW ORLEANS-STYLE BREAD PUDDING

For a lower-fat version, substitute 2.5 cups of low fat milk for the half and half and whole milk. Serve on its own or with maple syrup or fruit puree drizzled on top.

1 tbsp. butter or cooking spray  
3 eggs  
1 1/2 c. half and half  
1 c. milk  
1/4 c. sugar  
2 tsp. vanilla  
1/8 tsp. cinnamon

Pinch of nutmeg  
1/2 loaf challah (egg bread) cut  
into 10 half inch slices,  
crusts trimmed  
1/2 c. golden raisins  
Powdered sugar

Whisk together the eggs, cream, milk, sugar, vanilla and spices. Butter or spray a 2 quart oven proof casserole dish with 2 1/2 inch sides. Place five slices of the bread on the bottom of the casserole, sprinkle evenly with half the raisins and repeat the step once more with a second layer. Pour the egg mixture over the bread. Cover and refrigerate overnight. Preheat oven to 300 degrees F. Place the covered casserole in a slightly larger pan with enough water to rise halfway up the side of the casserole. Bake for 30 minutes. Remove the cover and bake for an additional 20 minutes or until a knife inserted in the center comes out clean. Let the pudding cool somewhat at room temperature. Serve while still warm with a dusting of powdered sugar Serves 4 to 6.

Variations: add chopped pecans, diced ripe bananas.

## EGGS AUGUSTUS

4 eggs  
1/4 c. light cream  
2 tbsp. flour  
1/4 c. melted butter  
1/2 tsp. salt

1/8 tsp. pepper  
1/2 c. ham, cut up  
1/2 c. grated Cheddar cheese  
8 asparagus spears or thin slices  
of zucchini and tomatoes

Beat eggs, cream, flour, 1/8 c. melted butter, salt and pepper. Stir in ham and cheese. Pour into buttered pie pan. Arrange asparagus as spokes of a wheel or zucchini overlapped in a circle around sliced tomatoes. Drizzle remaining butter over top. Bake at 350 degrees for 25 minutes. Allow to sit for 10 minutes before cutting. This may be made early in day, refrigerated and put in oven at "brunch" time.

*Suzanne Moot Strother '96*

## **TORTELLINI VEGETABLE TOSS**

- |   |                                   |
|---|-----------------------------------|
| 1 c. broccoli flowerets                                       | 1/2 c. pitted ripe olives slices  |
| 1 c. mushroom slices  | (optional)                        |
| 1 c. cherry tomato halves                                     | 1 (8 oz.) bottle Italian dressing |
| 1 c. zucchini chunks  | 2 tbsp. mustard                   |
| 7 oz. meat or cheese filled<br>tortellini, cooked and drained |                                   |

Combine broccoli, mushrooms, tomatoes, zucchini, tortellini and olives. Combine dressing and mustard, then add to tortellini and vegetables; mix lightly. Serves 6.

*Alice Pfister Auty, '58*

## **PORCINI MUSHROOM BROTH WITH POACHED EGG, POLENTA AND TALEGGIO**

Soak dried porcini, mushrooms to reconstitute until soft (45 minutes to 1 hour). Look at stems to make sure dirt is removed.

Combine with 1/2 cup sweet marsala wine in a saucepan. Add 3 1/2 cups chicken stock, and juices from mushrooms (strained) to remove grit. A coffee filter can be used if you don't have a chinoise or a fine strainer. Steep for 45 minutes.

Polenta: use a coarse cornmeal. Whisk with water over low heat 1/2 hour to 45 minutes. Poach eggs in boiling water, salt and vinegar have been added.

Add:

**2 tablespoons butter**

**2 tbsp. Pecorino Romano cheese**

to the polenta. Whisk all smooth.

Assembly: place a ladle of polenta in an ovenproof bowl. Cut up 2 oz. Taleggio cheese into chunks. Place bowls in the oven to melt the cheese.

Place eggs carefully into mushroom broth in the saucepan to reheat.

Place an egg onto the polenta and melted Taleggio cheese, top with a ladle of strained mushroom broth. Serve drizzled with olive oil (optional but elegant).

## CHEESE SOUFFLE

Serves 6 to 8. 8 cup souffle dish. Preheat oven to 400 degrees. Place the souffle in the oven and immediately reduce the heat to 375 degrees.

3 1/2 tbsp. butter  
4 tbsp. flour  
1 1/2 c. milk  
6 egg yolks

8 egg whites  
Pinch of salt  
1/8 tsp. cream of tartar

### FLAVORING:

1 c. grated cheese preferably a  
combination of Swiss and  
Parmesan or a sharp  
Cheddar or French  
Roquefort

1 tsp. prepared mustard  
Pinch of nutmeg  
Dash of cayenne pepper

Melt the butter and add the flour. Stir in the milk gradually. Remove the pan from the heat and add the egg yolks one at a time. Stir in the cheese, mustard, nutmeg and pepper. Add a pinch of salt and 1/8 teaspoon cream of tartar to the egg whites and beat until stiff. Fold the cheese mixture into the egg whites and transfer to the prepared souffle dish. Bake 25 minutes.



## VARIOUS VEGGIE TIPS

Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them into a very hot oven.

Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Exposure to direct sunlight softens tomatoes instead of ripening them. Leave the tomatoes, stem-up, in any spot where they will be out of direct sunlight.

Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot - there will be NO odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

You'll shed less tears if you cut the root end of the onion off last; or, freeze or refrigerate before chopping.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Lettuce leaves absorb fat. Place a few into the pot and watch the fat cling to them.

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

Cook carrots and potatoes and then mash them all together. This makes the potatoes a light orange color and produces an entirely new flavor.

Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.





## WILD RICE AND FRUIT SALAD

This salad is a very unique and refreshing crowd pleaser which compliments poultry or pork very well. It is a great alternative to Waldorf Salad for Thanksgiving or as a side dish at a barbecue.

2 c. cooked wild rice (let cool  
before adding other  
ingredients)

1 diced Red Delicious apple  
1 diced pear (any type)

1/2 c. slivered dried apricots

\*1/4 c. dried tart cherries

1/2 c. diced celery

1/2 sm. red onion, diced

1/4 c. sliced almonds

\*You can find these in gourmet or health food stores, or you can substitute green and red grapes.

Combine all above ingredients. Mix together the following ingredients:

1/4 c. Raspberry or Blueberry  
vinegar

1/3 c. olive oil

Salt and white pepper to taste

Combine with wild rice mixture. If this is going to sit for a while before serving, taste and add more vinaigrette dressing if necessary. Garnish with more sliced almonds when ready to serve. Serves 6 to 8 people as a side dish.

*Barbara A. Hill*

*President of Sweet Briar College*

## HOT STRING BEANS

1 lb. fresh string beans  
1 hot green pepper, or 2  
jalapenos

2 cloves garlic  
1 c. white wine  
3 tsp. Grey Poupon mustard

Clean and trim string beans and steam. Spray a large skillet with Pam and saute the chopped garlic cloves. Slice the green pepper or jalapenos, removing all seeds, and chop into very small pieces. Add to the garlic in the skillet.

After 5 minutes, the string beans should be half done. Drain and add to the skillet, adding white wine for flavor and moisture. Add the mustard until the beans are coated.

Cook, stirring until the white wine has been reduced, and the beans have a nice coating of mustard sauce. This is a great accompaniment to grilled chicken.

*Nancy White Bryant '79*

## **HOT GARBANZO BEANS**

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 1 lb. garbanzo beans, soaked in water | 2 garlic cloves, smashed and diced |
| 1/2 tsp. chili powder                 | 1 onion, diced                     |
| 1 tbsp. butter                        | Splash lemon juice                 |
| 1/2 c. veal stock (p. 404)            |                                    |

Wilt onion and garlic in a little oil. Place chickpeas (garbanzos) in the skillet and add chili powder. Cook over low heat so as to caramelize garbanzos, stirring occasionally. Veal stock is added to skillet. Reduce. Add a few drops of lemon juice and the butter before serving.

## **CORN SALSA**

- |   |                         |
|---|-------------------------|
| 2 ears cooked fresh corn, cut off cobs                  | 1 tbsp. olive oil       |
| Tomatilla, diced  | 4 tbsp. red onion       |
| 1 poblano or anaheim pepper, roasted and skinned, diced | 2 tbsp. red bell pepper |
|   | 3 tbsp. cider vinegar   |

I improvised: roasted a green pepper until blackened, then peeled and diced; used leftover corn, 1 tomato diced, 1 vidalia onion, diced. It was delish.

## **FRUIT SALSA**

- |                       |            |
|-----------------------|------------|
| Cantaloupe            | White wine |
| Honeydew              | Honey      |
| Mango                 | Tomato     |
| Onion                 | Papaya     |
| Coriander or cilantro |            |

Dice and toss all ingredients above.

## GRATIN OF ONIONS

- |  |   |
|--|---|
| 6 to 8 med. to large onions (2 1/4 lbs.), peeled and sliced (about 7 1/2 cups) | 1 1/2 tsp. salt                               |
| 2 1/2 c. unsalted homemade chicken stock or canned chicken broth               | 1/2 tsp. freshly ground black pepper          |
| 1/3 c. grits   | 3 tbsp. unsalted butter                       |
|  | 2 1/2 oz. grated Swiss cheese (about 3/4 cup) |

In a large saucepan mix together the onions, stock, grits, salt and pepper. Bring the mixture to a boil, reduce the heat to low, and cook gently for 20 to 25 minutes, stirring the mixture two or three times to prevent it from sticking to the pan, until the onions and grits are very tender.

Preheat oven to 400 degrees. Butter a 6 cup gratin dish with about 1/4 teaspoon of the butter and add the remainder of the butter to the onion mixture. Using a hand blender or a food processor, puree the onion and grits mixture until it is smooth, and then pour it into the prepared dish. Sprinkle with the cheese.

Place the gratin in the oven for about 15 minutes if the mixture is still warm when it goes into the oven, or about 30 minutes if the mixture has cooled. If the top needs additional browning, place the gratin under a hot broiler for a few minutes before serving. Yield: 6 servings.

*NY Times*

## GLAZED PEARL ONIONS

- |                                    |               |
|------------------------------------|---------------|
| About 30 tiny pearl onions, peeled | 1 tsp. sugar  |
| 1/2 tbsp. unsalted butter          | 1/2 c. water  |
| 1/2 tbsp. canola oil               | 1/8 tsp. salt |

Place the onions, butter, oil, sugar and water in a skillet large enough to accommodate the onions in one layer. Bring the mixture to a boil, cover and cook for 4 minutes over medium to high heat until the onions begin to soften.

Remove the lid from the pan and continue cooking the onions over medium to high heat until the water has evaporated and the onions start glazing in the remaining mixture.

Add the salt, reduce the heat to low and shake the pan to coat the onions with the glaze and brown them on all sides. Serve with slices of roast veal, beef or lamb. Yield: 6 servings.

## **CAPONNATINA (OR EGGPLANT RELISH)**

**1 (1 1/2 lb.) eggplant, washed**

Cut into lengthwise pieces, then into strips, then chopped. Saute in 1/4 cup olive oil. Separately, saute:

**1 c. celery, diced**

**1 c. onion, diced**

These 3 are then placed together with:

**Chopped tomatoes (one 15 oz.  
can)**

Add into pan:

**1/3 c. calamata olives, pitted  
2 tbsp. raisins, soaked in water  
first to plump**

**1 1/2 tbsp. capers  
1/3 c. pine nuts, toasted  
2 tbsp. vinegar**

Saute all 10 to 12 minutes.

## SMOKY COLE SLAW

- 2 tbsp. cider vinegar
- \*1 tbsp. fresh horseradish root,  
peel and discard outside with  
vegetable peeler then grated
- 1/2 c. mayonnaise
- 3 scallions, trimmed and sliced  
thin, diagonally
- Salt and freshly ground pepper  
to taste
- 1/4 each heads red and green  
cabbage, cored
- 2 green pepper, split, stemmed  
and seeded
- 3 carrots, peeled and split  
lengthwise

\*If you use prepared horseradish then skip cider vinegar.  
Either outside:

- 1 c. hickory chips, soaked in  
water 15 minutes, drained,  
then place on hot coals

When hickory chips begin smoking, cover grill and smoke vegetables 15 to 20 minutes over coals. Remove, cover and refrigerate. In a bowl, mix together vinegar, horseradish, mayonnaise and scallions, cover with plastic wrap and refrigerate. Shred cooled vegetables either in a processor or with a knife. Mix all ingredients. Season with salt and pepper. Makes 4 cups.

*Marcel Desaulnier's "Burger Meister"*

## LO CAL CREAMED SPINACH

- 1 pkg. chopped spinach
- 6 oz. low fat cottage cheese or  
pkg. farmer cheese
- 3 oz. Pecorino Romano cheese  
(or Parmegiano Reggiano)
- 1/8 tsp. nutmeg
- 1/4 tsp. onion powder
- 1/8 tsp. pepper
- 4 tbsp. non fat sour cream

Cook and drain spinach. Process cottage cheese until smooth and creamy. If you have a hand blender you can blend it smooth right in the saucepan. If you use the farmer's cheese, no processing is necessary at all. Place farmer cheese, spinach, and seasonings into a saucepan over medium heat. Add freshly grated Romano cheese and heat through. Finish with sour cream just before serving.

*Ellen Weintraub '71*

## **SAUTEED SPINACH**

**1 tsp. olive oil**  
**1 tsp. butter**

**1 lb. spinach leaves**  
**Lemon wedges**

Put olive oil and butter into skillet. Place well washed spinach in skillet. Sprinkle with nutmeg and simmer until wilted. May be sauteed with chopped garlic. Serve with a wedge of lemon.

## **SAUTEED EGGPLANT AND ZUCCHINI**

**1 lg. eggplant**  
**1 lg. zucchini**  
**1/4 c. olive oil**  
**2 to 3 cloves fresh garlic minced**

**Onion powder to taste**  
**Salt to taste**  
**Grated Parmesan cheese**

Peel eggplant. Cut in wedges. In fry pan heat olive oil and cut up eggplant and steam. You might have to put a few tablespoons of water also (or more oil). When eggplant starts to get tender cut up zucchini in slices and steam with eggplant. Put in garlic and onion powder and salt and mix thoroughly.

Sprinkle (to taste) generously with Parmesan cheese. Put in container in refrigerator for a few hours to blend. Can be served cold as an hors d'oeuvre or hot to accompany main dish.

*Belle Weintraub*  
*Mother of Ellen Weintraub '71*

## **ROASTED ITALIAN VEGETABLES**

**1 eggplant, diced**  
**3 red bell pepper, diced**  
**2 yellow onions, diced**

**1/2 lb. mushrooms**  
**4 garlic cloves**  
**1/3 c. olive oil**

Toss above ingredients in olive oil. Add:

**2 tbsp. parsley**

Preheat oven to 400 degrees. Add:

**1/4 c. red wine**

after baking 10 minutes. Bake 35 to 40 minutes. Serves 6.

## SWEET CARROTS

1 lg. onion, peeled and finely  
chopped  
1 tsp. tomato paste

1/2 c. white wine  
8 med. carrots, peeled and sliced  
thinly on the diagonal

Heat a nonstick skillet over medium heat, add the onion and cook until translucent, about 5 minutes. Combine the tomato paste and wine and add to the onion along with the carrots. Stir to combine, cover and cook over medium to low heat, stirring occasionally until the carrots are tender, about 20 minutes. Yield: 4 servings.

*NY Times*

## GLAZED CARROTS

1 bag baby carrots  
4 tbsp. (1/2 stick) butter, room  
temperature

Fresh lemon juice from 1 lemon  
1/4 c. sugar

Dissolve sugar in lemon juice, set aside. Steam carrots until al dente. Drain remaining water, return carrots to pan, add butter and sugar mixture and heat on low heat until carrots are soft. Serve while hot. Serves 4.

*Carrie Maynard Nichols, '81*

## HONEY-GLAZED BABY CARROTS

1 c. water  
2 tbsp. unsalted butter  
1 tbsp. honey

4 c. baby carrots, peeled  
Salt and freshly ground pepper  
to taste

Place the water, butter and honey in a pot over high heat and bring to a boil. Add the carrots, cover the pot and continue boiling for 5 to 7 minutes, until the carrots are tender. Shake the pot frequently to coat the carrots evenly with the honey and butter; add more water, tablespoon by tablespoon, if needed. Season the carrots with salt and pepper to taste and serve immediately. Yield: 6 servings.

## CAULIFLOWER SOUFFLE

(Or other Fresh Garden Vegetables)

Serves 6 to 8. Use a 6 cup souffle dish. Preheat oven to 400 degrees. Place the souffle in the oven and immediately reduce the heat to 375 degrees.

3 tbsp. butter  
4 tbsp. flour  
1 1/2 c. milk  
6 egg yolks  
8 egg whites  
\*1 c. cooked cauliflower  
separated into sprigs

Salt and pepper  
Pinch of nutmeg  
1 tbsp. chopped fresh parsley  
1 tbsp. chopped chives  
1 clove garlic, finely chopped  
1/4 c. Parmesan cheese  
1/8 tsp. cream of tartar

\*or 1 c. of any other fresh vegetable, e.g. peas and carrots, corn off the cob, broccoli, asparagus, etc.

Melt the butter and add the flour. Stir in the milk gradually to form a thick, smooth sauce. Remove the pan from the heat and add the egg yolks one at a time. Add all of the remaining ingredients and any of your own that you might think of. Beat the egg whites until stiff adding a pinch of salt and 1/8 teaspoon of cream of tartar. Fold the vegetable mixture into the egg whites. Fill into a prepared souffle dish. Sprinkle the top of the unbaked souffle with 1/4 cup grated Parmesan cheese. Bake 25 minutes. May be served with a Mornay sauce.

### MORNAY SAUCE:

2 tbsp. butter  
2 tbsp. flour  
1 c. milk  
Salt and pepper  
Freshly ground nutmeg

3/4 c. Cheddar, American, Bel  
Paese, or other cheese  
Dijon mustard to taste  
Worcestershire sauce to taste

Melt the butter in a saucepan over moderate heat without letting it brown. Add the flour, accurately measured, and stir, preferably with a wire whisk, until it is well blended. Meanwhile, bring the milk almost but not quite to the boiling point. While stirring the flour and butter mixture vigorously add the hot milk all at once. When the mixture comes to a boil, it will thicken automatically. Add cheese, mustard and Worcester-shire sauce.



## SPINACH RING

- |  |   |
|--|---|
| 1/2 c. onions, minced  | 1 c. milk   |
| 2 tbsp. butter   | 5 eggs  |
| 2 pkgs. frozen spinach (use<br>chopped spinach or chop leaf<br>spinach fine) | 2 additional tbsp. butter                                 |
| 1/4 tsp. salt  | 2/3 c. stale white bread crumbs<br>(French bread perfect) |
| Dash of pepper and freshly<br>grated nutmeg                                  | 1/2 c. grated Swiss cheese                                |

Saute onions slowly in butter. When onions are tender, stir in the defrosted drained (microwave is fine) spinach, salt, pepper, and nutmeg. Cover pan and cook very slowly, stirring from time to time to prevent sticking, for about 5 minute. Meanwhile, smear the inside of a ring mold fairly heavily with softened butter, and line the bottom with buttered waxed paper.

When the spinach is done, stir in the additional butter and the milk. Beat the eggs in a mixing bowl, and then gradually beat them into the warm spinach. Add the bread crumbs and cheese, and a little salt and pepper. Pour into prepared mold. You can refrigerate the mixture at this point and bake later, if you wish, but baking time will be about 10 minutes longer. Bake at 325 degrees for 30 minutes by placing the mold in a larger pan of water, filled to about 2/3 of the way up the mold.

Unmold and serve on a pretty platter. Nice with cherry tomatoes in the center of the ring.

*Ellen Weintraub, '71*

## CURRIED RICE

- |                               |  |
|-------------------------------|--|
| 1 c. rice                     | 1 tbsp. curry powder                   |
| 1 sm. apple, peeled and cored | 1/2 bay leaf                           |
| 3 tbsp. butter                | 1 1/2 c. fresh or canned chicken broth |
| 1/2 c. finely chopped onion   |  |
| 1 clove garlic, finely minced |  |

Measure the rice and set aside. Cut the apple into slices about one quarter inch thick. Stack the slices and cut them into strips about half an inch thick. Cut the strips into quarter inch cubes. There should be one cup. Do not use more. Set aside.

Heat two tablespoons of the butter in a saucepan and add the onion and garlic. Cook until onion wilts. Add the apple and curry powder and stir. Add the rice, bay leaf and chicken broth. Cover closely and cook exactly 17 minutes.

Add the remaining tablespoon butter and fluff it into the rice, using a two pronged fork. Yield: 4 servings.

*NY Times*

## WILD RICE PILAF

- |   |                                  |
|---|----------------------------------|
| 1 c. wild rice                                  | 1/3 c. sliced green onion        |
| 1 3/4 c. chicken broth or vegetable stock       | 2 tbsp. chopped sweet red pepper |
| 1/3 c. dry vermouth                             | 1 tsp. grated lemon peel         |
| 3 tbsp. butter or margarine                     | 1 tbsp. lemon juice              |
| 1 1/2 c. sliced fresh mushrooms                 | 1/2 tsp. dried thyme, crushed    |
| 3/4 c. sliced celery                            | 1/4 tsp. salt                    |
| 3/4 c. julienned carrots                        | 1/4 tsp. pepper                  |
| 1 (10 oz.) pkg. frozen artichoke hearts, thawed |                                  |

Rinse the wild rice under cold running water in a colander for 1 minute. Drain and set aside. In a medium saucepan, combine broth, vermouth and rice. Bring to a boil, then reduce heat, cover and simmer for 30 minutes. Set aside. Do not drain.

In a large skillet, melt 2 tablespoons of the butter or margarine. Add the mushrooms, celery and carrots. Cook and stir for 5 minutes. Stir in the artichoke hearts, green onion, sweet red pepper, lemon peel, lemon juice, thyme, salt and pepper. Add remaining butter; remove from heat.

Stir rice mixture into vegetable mixture. Transfer to greased 2 quart casserole. May be covered and refrigerated up to 24 hours. Bake, covered, at 325 degrees for about 45 minutes, or until the rice is done, stirring once. Sprinkle with parsley before serving, if desired. Serves 8.

## LEMON BROCCOLI RISOTTO

- |   |                                |
|---|--------------------------------|
| 4 c. chicken broth  | 1 sm. onion, chopped fine      |
| 2 c. water  | 1 sm. garlic clove, minced     |
| 1 lb. broccoli, cut into flowerets,<br>stems cut into 1/2 inch dice | 2 tbsp. extra-virgin olive oil |
| 1 tsp. freshly grated lemon zest                                    | 1 1/2 c. Arborio rice          |
| 1 tbsp. fresh lemon juice   | 1/2 c. freshly grated Parmesan |

In a large saucepan bring the broth and the water to a boil and simmer the broccoli flowerets for 3 minutes, or until they are just tender. Transfer the flowerets to a bowl and set aside. To the simmering broth add the broccoli stems, the zest, and the lemon juice and simmer the mixture for 5 minutes. While the stems are cooking, in a large heavy saucepan cook the onion and garlic in the oil over moderately low heat, stirring, until the onion is softened and stir in the rice, stirring until each grain is coated with the oil. Add 1/2 cup of the simmering broth, stems included, and cook the mixture, constantly stirring, until the broth is absorbed. Continue adding the broth mixture, 1/2 cup at a time, stirring constantly and letting each portion be absorbed before adding the next, until the rice is tender but still al dente. (The rice should take about 20 minutes to become al dente.) Stir in the reserved broccoli flowerets and simmer the risotto, stirring, until the flowerets are heated through. Remove the pan from the heat and stir in the Parmesan and salt and pepper to taste. Serves 2.

*Wendy C. Weiler '71*

## ASPARAGUS ORANGE RICE

- |   |  |
|---|--|
| 3/4 lb. fresh asparagus, woody<br>stems trimmed   | 1/2 c. long grain white rice                     |
| Grated rind from 1 orange<br>(about 1 tablespoon) | 1/2 c. orange juice                              |
| 1 tsp. olive oil                                  | 1/2 c. defatted, low salt chicken<br>stock       |
| 2 tbsp. diced red onion                           | Salt and freshly ground black<br>pepper to taste |

Preheat oven to 350 degrees. Cut asparagus into 1 inch pieces. Grate orange rind, then squeeze orange for juice. Heat oil in a medium nonstick skillet and saute onion without browning for 5 minutes. Add rice and saute 1 minute. Add asparagus, orange juice and chicken stock. Bring to a boil, cover and place in oven. Bake 15 minutes. Remove and test rice. Liquid will be absorbed and rice cooked. Add grated orange rind, salt and pepper to taste and toss well. Makes 2 servings.

## **BAKED RICE WITH ZUCCHINI**

2 sm. zucchini, about 1/2 lb.  
total  
1 tbsp. butter  
1/2 c. finely chopped onions  
2 tsp. turmeric  
1 c. converted rice

1 1/2 c. water  
Bay leaf  
Salt and freshly ground pepper  
to taste  
2 tbsp. finely chopped coriander

Trim and wash the zucchini and cut them into 1/2 inch cubes, about 2 cups. Melt the butter in a saucepan and add the onions. Cook, stirring, until wilted. Add the turmeric, rice, water, bay leaf, salt and pepper. Bring to a boil. Cover tightly and simmer for 17 minutes.

Remove from the heat, add the coriander and mix well with a fork. Yield: 4 servings.

## **RICE WITH PARSLEY AND PEAS**

3 tbsp. butter  
2 tbsp. chopped onion  
1 c. raw rice  
1 1/2 c. water  
1 bay leaf

Salt and freshly ground pepper  
to taste  
Tabasco sauce to taste  
1 c. frozen peas  
2 tbsp. finely chopped parsley

Melt two tablespoons of the butter in a saucepan and add the onion. Cook until wilted. Add the rice and stir briefly.

Add the water, bay leaf, salt, pepper and Tabasco. Bring to the boil. Cover and simmer 20 minutes. Meanwhile, combine the peas with the remaining butter, salt and pepper to taste. No liquid. Heat, shaking the saucepan to redistribute the peas so that they cook evenly, about one minute.

Add the peas and parsley to the rice and stir to blend. Yield: 4 servings.

## **RISOTTO**

Into 1 tablespoon olive oil, heated in a skillet add:

**1 c. onion, chopped finely**

Add:

**A pinch of saffron**

Add:

**1 c. arborio rice**

Stir over high heat. Add:

**4 oz. med. dry wine**

**1/4 tsp. coarsely ground salt**

Add:

**6 c. chicken stock**

to rice mixture after wine is absorbed, 1 cup at a time. Each time you must stir and wait for the broth to be absorbed before adding more. Before serving, add to risotto.

**1 tsp. freshly grated lemon zest**

**1 tbsp. parsley**

**1 tbsp. capers**

## **RISOTTO ALLA MILANESE**

2 tbsp. butter	4 c. beef stock
1 sm. onion, minced fine	1 tsp. saffron (or to taste)
2 handfuls of risotto per person, plus two "for the pot"	1/4 c. grated Parmesan cheese
1 oz. Pinot Bianco wine	1/4 c. red wine reduction
1 bay leaf	Sprig of thyme, for garnish

Gently melt butter and add onion, simmering until translucent. Add marrow and rice, cooking for two minutes to sear flavor into the grains. Add white wine and bay leaf, and slowly begin adding the stock. Most chefs recommend stirring continuously, adding stock as necessary, until risotto becomes creamy, perhaps 20 minutes. Risotto must be cooked al dente, like pasta. Two minutes before risotto is cooked, remove from heat. Add saffron and Parmesan, don't be stingy. Pour red wine reduction on top. Garnish with a sprig of thyme and a shaving of fresh cheese.

## **POLENTA**

9 c. water	1 c. fine cornmeal
2 tbsp. salt	Butter and Parmesan cheese
2 c. thick cornmeal	

Whisk cornmeal slowly in a stream from your fist into the 9 cups water. Place atop a double boiler and cook over boiling water for 45 to 50 minutes, stirring occasionally to avoid lumps. Add:

2 tbsp. butter  
1/4 c. Parmesan cheese,  
preferably freshly grated  
Reggiano

Pour into individual buttered molds or pour out of pot onto cutting board and allow to rest until firm. When cooled, place a string underneath and lift to cut strips.

## **GORGONZOLA POLENTA**

- |  |                           |
|--|---------------------------|
| 1/2 c. whole grain or coarse<br>ground yellow cornmeal | 1/4 tsp. salt             |
| 1/3 c. water   | 1/4 c. Gorgonzola (2 oz.) |
| 1 1/4 c. boiling water                                 | 1 lg. tomato, sliced      |

Mix cornmeal and 1/3 cup water together. Blend well. Bring 1 1/4 cups water to a boil. Add salt. Whisk in corn meal mixture until smooth. Simmer 5 minutes, stirring frequently. The polenta is done when it pulls away from the sides of the pan. Line a baking tray with foil and spread polenta in a 1/4 inch layer on the foil. Sprinkle crumbled cheese over top. Broil 2 minutes to slightly melt the cheese. Cut into two portions and serve with sliced tomatoes as a garnish. Serves 2.

## **CORKY'S KASHA**

- |   |                              |
|---|------------------------------|
| 1 1/2 c. medium grind kasha<br>(buckwheat groats) | 1 tsp. salt                  |
| 2 eggs  | 1 onion, diced               |
| 3 c. boiling water                                | 4 tbs. chicken fat or butter |

Place the groats in a pie pan or shallow baking tin. Stir in the eggs (do not beat) until all the grains are well coated. Bake in a 350 degree oven, leaving the oven door open slightly, until all the grains are dry (about 20 to 25 minutes). Every 5 minutes shake the pan and stir the groats to keep them from sticking.

Transfer the groats to a large saucepan. Add the boiling water and salt. Cover and cook over moderate heat for 10 to 15 minutes, or until groats are tender, doubled in bulk, and all the cooking water is absorbed. (It may be necessary to add a little more water during cooking.)

While groats are cooking, saute the onion in the fat or butter until light brown. When groats are ready, add the onion and fat and serve. Makes 6 servings.

## SPAGHETTI SQUASH

1 spaghetti squash  
1 carrot  
1 green pepper  
1 red pepper  
1/2 c. chicken stock  
1 tbsp. diced basil

2 tbsp. Parmesan cheese and 2  
more for garnish  
2 tbsp. arrowroot  
1/4 c. chopped toasted hazelnuts  
2 cloves garlic (optional)

EITHER: Cut squash lengthwise. Scrape out seeds. Smash 2 cloves garlic and place garlic in water on bottom of a broiler pan. Place squash on top of broiler pan cut side down. Steam at 350 degrees for 50 minutes.

OR: Bake whole pierced squash at 350 degrees for 45 minutes to 1 hour until fork tender. Cut in half lengthwise and remove seeds taking care not to discard spaghetti.

Scrape out "spaghettini". Julienne a carrot into matchsticks and saute slowly in 1 teaspoon olive oil. Julienne and add green and red peppers. Add 1/4 cup chicken stock. Add spaghetti squash, pepper and salt to taste, diced basil and 2 tablespoons Parmesan. Place 2 tablespoons arrowroot into remaining 1/4 cup chicken stock, mix well and add. Garnish with remaining Parmesan and chopped hazelnuts.

*Ellen Weintraub '71*

## COURGETTES D'ETE AU GRATIN

(Yellow squash with cheese)

3 yellow summer squash, about  
1 1/4 lbs.  
1/4 c. olive oil  
2 whole cloves garlic, peeled and  
left whole

Salt to taste, if desired  
Freshly ground pepper to taste  
1 tsp. dried oregano  
1/4 c. freshly grated Parmesan  
cheese

Preheat broiler to high. Trim off ends of squash and cut into thin rounds. There should be about 6 cups. Heat oil in large, heavy skillet and add squash, shaking skillet and redistributing squash rounds. Add garlic, salt and pepper and cook over high heat about 4 minutes. Sprinkle with oregano and toss to blend flavors. Remove garlic.

Transfer squash to baking dish, piling it up and smoothing it over. Sprinkle with cheese. Run briefly under broiler to brown lightly. Yield: 4 servings.

*NY Times*



## AUTUMN SQUASH MEDLEY

1 Butternut squash  
2 Acorn squash  
4 tbsp. butter  
3 tbsp. brown sugar  
1 egg white  
1/4 tsp. allspice

Salt and pepper to taste  
1 tbsp. milk  
1/4 tsp. nutmeg, preferably  
freshly ground  
1/4 c. raisins

Bake butternut squash (or steam, halved, cut side down) until tender, at least 1/2 hour. Set aside to cool at room temperature.

Halve acorn squash, cut a small slice off the bottom of each half so it will sit flat on the plate, seed and place in about one inch of water, cut side down. Place in hot oven until tender.

Peel, seed, and puree butternut squash with 2 tablespoons of the butter, 1 1/2 tablespoons brown sugar, the egg white, allspice, and salt and pepper. Add milk until creamy. Refrigerate, covered with plastic wrap.

Remove acorn squash from pan with water and place at side up in another baking pan. Sprinkle with brown sugar remaining and nutmeg.

One half hour before serving add half of raisins to butternut squash and fill acorn squash cavities with this mixture. Dot tops with butter and remaining raisins, (to resemble the original natural appearance of the vegetable) and heat in oven.

*The Culinary Institute  
New York*

## NOODLES WITH CHEESE

3/4 lb. medium or fine egg  
noodles  
Salt  
2 tbsp. butter  
Freshly ground pepper to taste

1/8 tsp. grated nutmeg  
1 c. heavy cream  
1/4 lb. grated gruyere or Swiss  
cheese, about one and one  
quarter cups loosely packed

Preheat the broiler. Cook the noodles in boiling salted water until tender. Drain. Return the noodles to the kettle and add half the butter, salt, pepper and nutmeg. Toss to blend.

Spoon the noodles into a hot serving dish. Heat the cream and pour it over the noodles. Sprinkle the cheese over the noodles and dot with the remaining butter. Run under the broiler until cheese melts. Yield: 4 servings.

*NY Times*

## POTATO GNOCCHI (4)

People never believe this delicious Italian dish is easy to make.

**2 lg. Idaho potatoes**

Boil, skin and mash well or put through ricer then set aside.

**1/2 c. milk**

**5 tbsp. butter**

Heat to the boiling point, then stir in to make a ball of dough:

**1 c. flour**

Remove from heat and beat in 2 eggs and 1 teaspoon salt, 1/4 teaspoon paprika and 4 tbsp. grated cheese (Parmesan or Cheddar).

Add mashed potatoes; mix until all is combined and smooth, moist, but not sticky. Roll this dough into logs 1 inch thick. Cut into rounds 1/2 inch long. Simmer a pot of water. Drop rounds into water and simmer from 3 to 5 minutes, uncovered. Drain.

To serve hot, especially if made in advance heat in greased pan for a few minutes in hot oven at 400 degrees. Serve with cheese sauce or tomato sauce.

*Annabelle F. Prager '43*

## **RICOTTA GNOCCHI**

**2 lbs. ricotta**  
**2 c. flour**

**1 tsp. salt**  
**2 tbsp. Parmesan cheese**

Start mixing with your hands, squeezing together. Knead for 4 to 5 minutes. Set aside to rest.

Cut about 1/6 off, roll it out back and forth with your hands into a long thin cylinder, stretching lengthwise to an even width, to about the thickness of your thumb. Cut into approximately 1/2 inch pieces. Take a fork, place backwards, roll the little cylinder up the tines of the fork to make the characteristic gnocchi shapes.

Place in large salted boiling pot of water and cover. When they rise to the top for 15 seconds, they are done.

### **GORGONZOLA SAUCE:**

**1/4 c. unsalted butter**  
**1 tbsp. vegetable oil**  
**1/2 c. whipping cream**  
**Pinch salt**

**3 oz. gorgonzola cheese**  
**Parsley for garnish**  
**1/3 c. grated Parmesan cheese**

Process then heat. Serves 4 to 6.

## VEGETABLE LASAGNA

1 lg. eggplant (approximately 1 1/4 lbs.)	1/4 c. cream
5 sm. tomatoes, peeled and seeded	1/2 c. Parmesan cheese
1/2 c. onion	1/2 c. olive oil
Saffron	1 head garlic
1/2 c. shallots	1 bouquet garni
3/4 c. zucchini	1/2 lb. pasta dough
	12 (2 inch) pasta circles
	Thyme, nutmeg to taste

Place eggplant in aluminum foil, shiny side out. Bake at 450 degrees for 15 minutes. Cut ends from zucchini, cutting into 3 sections and julienning on a mandolin. Place 2 tablespoons olive oil in saute pan, and saute zucchini.

Tomatoes are cooked until boiling then plunged into a cold water bath, then peeled and seeded. Onion is diced. Zucchini are set aside. Onion is sauteed and garlic is added, tomato concasse is added.

Eggplant is removed from oven, cut in half lengthwise and scooped then chopped. Slice shallots and saute 5 minutes. Add eggplant meat to shallots, saute 5 minutes.

2 tablespoons eggplant puree placed in circular ring. Cover with pasta layer, 2 tablespoons tomato puree on top, the second layer pasta, cover with thin layer zucchini. Cover with few leaves thyme, Parmesan, cream, nutmeg, broil until golden. Don't remove ring until it gets to its final serving plate. Goes well with lamb or beef. Serves 4.

## ELLIE'S PINEAPPLE NOODLE PUDDING

8 oz. pkg. medium sized noodles

Cook noodles until soft, then drain. In large bowl:

2 eggs, beaten

1/4 c. milk

1 tsp. vanilla

1/2 tsp. cinnamon

1/4 c. butter or margarine,  
softened

8 oz. package of cream cheese  
softened or 8 oz. of creamed  
cottage cheese

8 oz. container sour cream

8 oz. can crushed pineapple (in  
own juice), drained

3/4 c. sugar or 8 packets of  
Sweet 'n Low

1/2 c. golden raisins

Mix drained noodles in bowl with above ingredients. Place in a greased baking dish about 8 x 10.

### TOPPING:

Two small packages of Sugar Frosted Flakes crushed into crumbs. Spread frosted flakes crumbs over pudding until completely covered.

In bowl, beat 1 egg, add 3/4 cup milk and mix well. Pour over Frosted Flakes until moist. Sprinkle some sugar and cinnamon over topping. Let stand for about 1 hour. Bake at 350 degrees F for 50 minutes to 1 hour. Let cool and score into servings. Everyone always asks me for this recipe.

*Ellen Weintraub '71*

## SWEET POTATO PUDDING

3 med. sweet potatoes, boiled,  
peeled and mashed

3 eggs

2 oz. (1/2 stick) butter or  
margarine, melted for  
greasing

1/4 c. sugar

1/4 c. brown sugar

1/2 c. flour

1 tbsp. vanilla

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/2 c. raisins

1/2 c. milk

1/2 c. pecans

Butter 2 quart casserole or souffle dish. Preheat oven to 350 degrees.

Combine all ingredients well. Pour into souffle dish. Bake 45 to 60 minutes or until lightly browned on top. Serves 6 to 8.

## **RUM GLAZED SWEET POTATOES**

**3 lbs. sweet potatoes**  
**1/2 c. dark brown sugar**  
**1/4 c. dark rum**

**4 tbsp. butter**  
**Dash of salt**  
**Dash of cinnamon**

Scrub potatoes and drop into large pot of boiling salted water. Cook 35 to 45 minutes or until just tender. Drain, cool and peel. Cut crosswise into 1/2 inch slices. Arrange potatoes in a shallow baking dish. Combine sugar, rum, butter, salt and cinnamon in a small saucepan and simmer about 5 minutes. Pour the mixture over the potatoes. You could stop here and refrigerate, well covered, for 2 days. To finish, bake in a preheated 400 degree oven for about 25 minutes, basting several times, until well glazed and heated through. Serves 10.

## **POTATO SAVONNETTES**

**4 Idaho potatoes (10 to 12 oz.)**  
**each, peeled**  
**2 tbsp. unsalted butter**

**1 tbsp. canola oil**  
**1/4 tsp. salt**  
**2/3 c. water**

Cut the potatoes crosswise into 1 inch thick slabs to create ovals approximately 2 1/2 inches long by 1 3/4 inches wide. You should have about 16 pieces. With a vegetable peeler, peel around the edge of the slices to make them more uniform in size. (If desired, reserve the trimmings for soups or potato croquettes.)

Rinse the potatoes, dry them thoroughly with paper towels and arrange them in one layer in a nonstick pan about 10 to 12 inches in diameter. Add the butter, oil, salt and water (the water should almost cover the potatoes). Bring to a boil over high heat and boil vigorously for 1 minute.

Place the potatoes in a preheated 425 degree oven for 30 minutes. The water should have evaporated by then, and the potatoes should be browning in the butter and oil. If they are not quite brown enough on the underside, return the pan to the top of the stove and cook the potatoes over high heat until they are nicely browned underneath.

To serve, divide the potatoes among six dinner plates, inverting them so the brown underside is on top. Serve with slices of roast veal. Yield: 6 servings.

## POTATO PIE

1 lb. potatoes  
1/2 c. butter  
4 eggs, hard boiled  
Prepared 2 crust pastry

6 strips bacon  
1 c. creme fraiche  
1/2 c. parsley  
Salt and pepper

Bacon is cubed and sauteed with a little oil. Potatoes are sliced finely and washed in cold water, drained and patted dry. 12 inches across pie dough is rolled. Butter inside of a large metal ring. Place on baking pan with pastry inside and season potatoes. Overlap potatoes in a circle. Browned bacon is added and fresh parsley is sprinkled, then sliced hard boiled eggs are overlapped around the top. Add more parsley and dollops of creme fraiche. Another layer of potatoes is added before pastry top goes on. Remove ring before top pastry is fitted on and trimmed. Replace ring before baking. Bake at 400 degrees for 20 minutes, then at 350 degrees for one hour, then 300 degrees for 10 minutes. Serve at room temperature.

*Restaurant Lutece  
NYC*

## TWICE BAKED POTATOES WITH CHEVRE

2 oz. chevre (goat's cheese) for  
each potato

1 tbsp. butter per potato  
1 tbsp. cream per potato

Scrub Idaho potatoes and pierce with a fork. Rub with a little olive oil and wrap in foil. Bake. When baked (after about an hour at 350 degrees) and cooled enough to handle, cut a slice off the top and carefully scoop out inside and pass through a ricer.

Add chevre, butter and cream and whip. Season with white pepper and salt. Pipe back into shells with a pastry bag. Reheat in oven.

*Ellen Weintraub '71*

## SCALLOPED POTATOES

The Dauphine province is famous for its many kinds of gratin dishes but the most famous of all is this gratin of thinly sliced potatoes with cream, cheese and garlic. 4 servings.

5 Idaho potatoes, peeled and  
thinly sliced  
1 lg. garlic clove  
5 tbsp. unsalted butter  
1 c. freshly grated Gruyere  
cheese

Salt and freshly ground pepper  
1 c. heavy cream  
1 c. milk  
Pinch of grated nutmeg

Dry the potatoes. Cut the garlic clove and rub it around a gratin or earthenware baking dish. Butter the dish. Finely mince the garlic and spread it in the bottom of the dish.

Arrange the potatoes in 3 layers in the dish, sprinkling a little cheese and some salt and pepper on each layer. Combine the cream and milk and pour over the potatoes. Dot the top with remaining butter and sprinkle with nutmeg.

Bake in a preheated 375 degree F oven until a golden crust forms, about 1 hour and 10 minutes. Let the dish stand for 10 minutes before serving.

*Wendy C. Weiler '71*

## POTATO GATEAU

1 potato per person  
1/4 c. cream per two people  
2 garlic cloves per person

1/4 c. half and half per two  
people

Butter bottom of dish and sprinkle fresh chopped garlic. Add potatoes, boiled and peeled and thinly sliced. Layer pan with potatoes and garlic. DO NOT WASH potatoes after slicing, as that removes the starch, which you need for thickening. Layer garlic and more potatoes.

Salt and pepper, more garlic on top layer. Add heavy cream and half and half. Stir all. Bake at 450 degrees for 35 to 45 minutes.



## **CAVIAR AND POTATOES STANFORD COURT**

**12 to 14 small red potatoes, 1 lb.    1/2 c. sour cream, approximately  
or less    1 lb. (14 oz. tin) fresh caviar or  
4 to 5 c. rock salt    less  
Oil for deep frying**

Preheat the oven to 450 degrees. Wash and dry the potatoes. Arrange them on a bed of rock salt and place in the oven. Bake for 30 to 35 minutes or until tender.

Remove the potatoes and slice them in half. Scoop out the center pulp with a melon ball cutter or small spoon. Reserve both the pulp and skins. Mash the pulp slightly and keep it warm.

Heat the oil for deep frying to 375 degrees. Drop the potato shells into the oil and cook quickly until they are golden brown and crisp. Drain well.

Fill the shells with the mashed potato. Top with a spoonful or so of sour cream. Then add a teaspoon or more of the caviar to the top and serve. Yield: 24 to 28 pieces.

## **SWEET POTATO FRIES**

**6 c. vegetable oil (peanut,  
safflower, corn, any but  
NOT olive oil)**

Heat to 375 degrees.

**4 med. sweet potatoes, julienned    Salt and pepper**

Fry in small batches. Be sure to wait 45 seconds before frying each new batch.

## BAKED YAMS WITH RED ONIONS

3 med. red onions, peeled, cut into paper thin round slices	1/2 tsp. salt
3 med. yams, about 1 lb, cut into thin round slices	1/4 tsp. freshly ground pepper
2 c. apple cider	1 tbsp. fresh thyme leaves
2 tsp. brown sugar	1 tbsp. butter, cut into small pieces

Preheat oven to 350 degrees. In a 9 inch round or oval gratin dish, place the red onion and yam slices in alternate layers.

Put the apple cider, brown sugar, salt and pepper in a small saucepan and stir over medium heat until the sugar dissolves. Pour the hot cider over the onions and yams and sprinkle with the fresh thyme.

Distribute the pieces of butter over the top and cover the gratin dish with foil. Bake for 1 hour. Remove the foil and continue baking, basting often, until the onions and yams are tender, about 30 minutes. Yield: 4 to 6 servings.

## SAUTEED GOAT CHEESE STUFFED POTATO SLICES

4 Idaho potatoes	1/2 c. bread crumbs
2 (6 oz.) goat cheeses	Olive oil for sauteeing
1 recipe pesto (p. 405)	

Clean and thickly slice potatoes, and core out centers. Fill with goat cheese using a flat spatula. Place a dollop of pesto on each side, then dredge in bread crumbs. Saute on both sides in olive oil.

Serve with diced sun dried tomatoes, chopped basil and black olives sliced as a garnish, all warmed in the olive oil remaining in the skillet. Serves 6.

*Ellen Weintraub '71*

## **RISOTTO WITH YAMS AND SAGE**

### **THE BROTH:**

1 gallon chicken broth,  
homemade or low sodium  
canned  
3 med. yams, about 1 lb. total,  
peeled, cut in half

1 carrot, peeled, cut into 1 inch  
pieces  
1 stalk celery, cut into 1 inch  
pieces

### **THE GARNISH:**

1/2 tsp. olive oil  
1 tsp. water  
1/4 tsp. kosher salt

1/8 tsp. cayenne pepper  
1 c. shaved almonds

### **THE RISOTTO:**

1 tbsp. unsalted butter  
1 white onion, minced  
3 c. Arborio rice  
10 c. broth (see above)  
1/2 c. fresh minced sage leaves  
1 tbsp. minced fresh chives  
1 tbsp. grated Parmesan cheese

1/2 tsp. salt  
1 tsp. freshly ground pepper  
2 c. bitter greens, like mustard or  
dandelion, rinsed and  
shredded  
1 c. fresh Mozzarella, cut into  
1/4 inch dice

Combine the chicken broth, yams, carrot and celery in a large pot and bring to a boil. Lower heat and simmer until reduced to 10 cups, about 30 minutes. With a slotted spoon remove 1 yam, cut it into 1/2 inch dice and set aside to use in preparing the rice. Remove the broth and remaining vegetables from the heat, puree in a blender and set aside to cool. Save the broth for preparing the risotto.

Meanwhile, make the garnish. Preheat the oven to 350 degrees. Combine the olive oil, water, salt and cayenne in a bowl. Add the almonds and toss to coat them. Spread the almonds on a baking sheet and bake until golden, about 15 minutes. Remove from the sheet and set aside. The recipe can be done ahead to this point for up to 3 days before serving; refrigerate the broth and the diced yam.

Forty minutes before serving, warm the yam broth over low heat and bring the reserved yam to room temperature if necessary. In a heavy pot, melt the butter over low heat. Add the onion, cover and cook until soft, about 5 minutes, stirring to avoid browning. Add the rice and stir

well. Ladle in 1/2 cup of the broth and stir. Increase the heat to medium to high and for the next half hour continue ladling in the broth and stirring the rice to help it absorb the liquid and to prevent it from sticking. After 20 minutes, add the diced yam. When 1 cup of yam broth remains, the rice should be tender. If it is not, add simmering water and continue stirring until it is. Remove from the heat immediately.

Vigorously stir in the remaining yam broth. This should make a very soupy porridge. Quickly stir in half the minced sage and chives and the Parmesan. Adjust seasoning with salt and pepper to taste. Stir in the greens and carefully stir in the Mozzarella. Divide among bowls. Garnish with a sprinkling of the spiced almonds and the remaining fresh sage and chives and serve immediately.

Yield: 4 large servings as a main course, or eight to ten as an appetizer or side dish.

*Union Square Cafe  
NYC*

## FRUIT STUFFED SQUASH

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 1 acorn squash, halved and seeded | 1/2 tsp. grated lemon peel    |
| 1 1/2 c. sliced yellow squash     | 1/2 tsp. salt                 |
| 1/2 c. sliced celery              | 1/4 tsp. pepper               |
| 1 tbsp. olive oil                 | 1 1/2 c. seedless grapes      |
| 2 tbsp. white wine vinegar        | 1 c. cored, diced fresh pears |
| 1/2 tsp. dried oregano            | 2 tbsp. chopped walnuts       |
| 1/2 tsp. dried basil              | (optional)                    |

Place acorn squash, cut side down, in buttered dish; bake at 350 degrees for 40 to 45 minutes or until tender. Saute yellow squash and celery in oil until crisp tender. Add vinegar, seasonings, grapes and pears. Cook and stir until blended. Add walnuts if desired; mix well. Spoon into center of baked squash. Serves 2.

## **CORN FANCY**

- |  |  |
|--|--|
| 1 can (16 1/2 oz.) cream style corn      | 4 eggs, well beaten  |
| 1/2 c. vegetable oil                     | 1/2 c. corn muffin mix (One 7 1/2 oz. box is about 1 1/2 cups) |
| 1/2 tsp. garlic salt                     |  |
| 1 jar (2 oz.) chopped pimientos, drained | 1 1/2 c. (6 oz.) shredded Cheddar cheese                       |

Preheat the oven to 300 degrees. In a large bowl, combine all of the ingredients except the cheese; mix well. Pour the mixture into a greased 1 1/2 quart casserole or baking dish. Bake for 30 minutes. Sprinkle the top with the cheese, then bake for 15 minutes more or until the cheese melts. Makes 8 servings.

## **POTATO SALAD**

- |  |                          |
|--|--------------------------|
| 4 lb. Chef potatoes (peeled and diced) | 1 c. pickle relish       |
| 4 hard boiled eggs, chopped            | 2 c. mayonnaise          |
| 3 stalks celery, chopped               | 2 tbsp. mustard          |
| 1 onion, chopped                       | Salt and pepper to taste |

Cook potatoes in boiling water with 1 tablespoon of vinegar and 1/4 teaspoon of pepper. Drain potatoes and allow to cool. Mix thoroughly all the ingredients together except the potatoes. Add potatoes. Allow ingredients to blend for 2 to 3 hours before serving. Serves 8 to 10 people.

*The Sweet Briar Sampler*

## **FRUIT AMBROSIA**

- |   |                                 |
|---|---------------------------------|
| 2 lbs. fruit cocktail (canned or fresh) | 1 pt. whipped cream (sweetened) |
|   | Flaked coconut, as needed       |

Mix all ingredients together. Garnish with coconut and fruit.

*The Sweet Briar Sampler*

## WALDORF SALAD

4 lb. diced Red Delicious apples	2 tsp. lemon juice
3 stalks chopped celery	1 tbsp. sugar
2/3 c. chopped pecans	1/2 c. mayonnaise

Mix all ingredients together. Garnish with chopped pecans. Serves 8 to 10.

Editor's Note: Sour cream mixed with the mayonnaise gives this an additional dimension.

*The Sweet Briar Sampler*

## SPINACH STRAWBERRY SALAD

### DRESSING:

1/2 c. sugar	1/4 c. wine vinegar
1 tbsp. poppy seeds	1/2 c. oil
2 tbsp. sesame seeds	1 1/2 tsp. minced onion
1/4 tsp. paprika	1/4 c. cider vinegar

### SALAD:

3/4 c. sliced or slivered almonds	1 pt. strawberries, sliced
2 tbsp. butter	
1 lb. spinach, torn into bite sized pieces and washed carefully	

Mix dressing ingredients together in a bowl. Whisk to combine thoroughly. In a small skillet, melt butter and saute almonds until lightly toasted. Remove from skillet and set aside to cool. Combine spinach, strawberries, and add almonds in serving bowl. When ready to serve, pour dressing over salad and toss lightly. 6 to 8 servings.

*Wendy C. Weiler '71*

## CHINESE CABBAGE

1 Cabbage head  
1/4 c. Sesame oil  
Hot peppers, to taste

1/2 to 3/4 c. White vinegar  
2 tsp. Sugar  
1 Red pepper

Shred cabbage. Salt for one hour, then drain. Heat sesame oil and a few hot peppers. While hot pour on cabbage. Then mix into cabbage white vinegar and a dash of sugar. Let stand 2 to 3 hours. Add red pepper for garnish.

*Muriel Grymes Blumenthal '43*

## JAPANESE SALAD DRESSING

Carrot  
Onion  
Soy sauce, to taste  
Orange slice with rind

Sesame seed  
Salad oil  
Rice wine vinegar  
Small amount of ginger

Place in food processor; whatever quantities you decide to use will come out terrific.

*Kiroi Hana Restaurant in NYC*

## APPLE SALAD DRESSING

4 tbsp. cider vinegar  
2 tbsp. avocado oil  
1 tsp. Dijon mustard  
1 tsp. basil

1 tsp. tarragon  
1/2 tsp. maple syrup  
Salt and pepper

Whisked together and place over diced apple and celery.

## **TOMATO AND ONION SALAD**

- |  |                                |
|--|--------------------------------|
| 10 lg. ripe tomatoes, thinly sliced              | 1/4 c. fresh lemon juice       |
| 2 med. red onions, peeled and very thinly sliced | 2 tbsp. extra-virgin olive oil |
| 4 tsp. cumin seeds                               | 2 tsp. kosher salt             |
|  | Freshly ground pepper to taste |

On a large platter, alternate the tomato and onion slices in slightly overlapping layers. Place the cumin seeds in a small skillet over medium heat and toast until fragrant, shaking the pan frequently to prevent burning. Coarsely chop the seeds and combine with the remaining ingredients. Spoon over the tomatoes and onions. Let stand at least 30 minutes before serving. Yield: 20 servings.

*NY Times*

## **CUCUMBER AND DILL SALAD**

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 to 3 cucumbers, depending on size | 2 tbsp. chopped fresh dill        |
| 1 tbsp. sugar                       | Freshly ground pepper,            |
| Salt to taste                       | preferably white pepper, to taste |
| 1/4 c. white vinegar                |                                   |

Peel the cucumbers and split them in half. Scoop out the seeds with a melon ball cutter. If so called "gourmet" cucumbers are used, it is not necessary to cut them in half or to remove the seeds.

Slice the cucumbers crosswise. There should be about 4 cups. Put the slices in a mixing bowl. Add the remaining ingredients and toss to blend. Add more seasonings such as vinegar, sugar and so on to taste, if desired. Yield: 4 servings.



## CUCUMBER SALAD

2 cucumbers	1/2 tsp. salt
1/2 onion (minced)	1/4 tsp. pepper
1/2 c. sour cream	2 tbsp. sugar
1/2 c. vinegar	1/4 tsp. mustard

Peel one cucumber and leave the other unpeeled. Slice both very fine. Sprinkle with salt and let stand 3 minutes to remove any bitter taste of the skin. Add onion to cucumbers. Mix dressing of sour cream, vinegar, salt, pepper, sugar and mustard, and pour over cucumbers. May be chilled or served at once.

*Barbara Miraldi Devine '89*

## GOAT CHEESE AND PAPAYA SALAD

24 lg. leaves Boston or leaf lettuce	6 tbsp. sherry wine vinegar
48 small leaves fresh spinach	3 completely ripe medium papayas
1 1/4 lbs. fresh sharp goat cheese	Freshly ground pepper to taste
3/4 c. olive oil	

Wash the greens, drain them well and dry. Refrigerate. Slice the cheese into 36 equal pieces and coat each on one side with some of the olive oil. Refrigerate.

Beat the remaining oil with the vinegar. Refrigerate. Peel and halve the papaya. Remove the seeds and slice each half into one quarter inch thick slices lengthwise. Halve again. Refrigerate.

To assemble the salad, arrange two leaves of Boston lettuce on each salad plate. Top with four spinach leaves. Drizzle some of the oil and vinegar dressing over the greens. Pour the remaining dressing over the papaya slices and mix gently. Arrange them over the green leaves. Grind pepper over salad.

Broil the cheese slices, oiled side up, on a cookie sheet until they are almost melted. Top each salad with three slices of cheese and serve immediately. Yield: 12 servings.

*NY Times Magazine*

## "NEW AMSTERDAM" COLE SLAW

2 med. heads cabbage  
1/2 pt. heavy cream

4 tbsp. vinegar  
4 tbsp. sugar

Cut cabbage into strips (not too fine). Salt and soak in ice water. In large bowl whip cream until it is almost, but not quite stiff. Add vinegar and sugar. Fold in drained, dried cabbage and serve.

*Alexandra Weyant de Bruyn '70*

## CAESAR SALAD

1 tin flat anchovies  
1/2 c. olive oil  
2 to 3 tbsp. lemon juice  
1 to 2 tsp. Dijon mustard  
Worcestershire sauce  
1 to 2 cloves minced garlic  
1 head of Romaine lettuce, or 8 cups  
3/4 c. freshly grated Parmesan cheese

Homemade croutons (panfry bread cubes in butter, dash of oil and garlic)  
Freshly ground pepper  
Optional: egg coddled (egg with shell placed in cup of boiling water)

Clean and break Romaine leaves and chill. In a bowl, preferably wooden, cut and mash anchovies with garlic, mustard and Worcestershire and half the cheese. The optional coddled egg may be added at this point. Add oil. Toss with Romaine. Add lemon juice to desired tartness. Add Parmesan cheese, the croutons and a few grinds of pepper.

*Blair Redd Barnes '83*

## **BLUE CHEESE PASTA SALAD**

- |   |                                |
|---|--------------------------------|
| 3 c. uncooked pasta (bowties or penne)                      | 1 clove garlic, chopped finely |
| 1/2 lb. thinly sliced baked ham, cut into bite sized pieces | 2 tsp. dried rosemary          |
| 1 c. pecan pieces   | 1 tsp. dried basil             |
| 1 (4 oz.) pkg. of crumbled blue cheese                      | 1 tsp. dried parsley           |
|   | 1/4 c. olive oil               |
|   | Pepper to taste                |
|   | Parmesan cheese                |

Cook pasta according to package directions, drain. Rinse with cold water and drain. Combine all remaining ingredients except Parmesan cheese, toss well with pasta. Chill and sprinkle with Parmesan just before serving. Yield: 6 servings.

*Frances Root '80*

## **STRAWBERRY ROMAINE SALAD**

- |   |                             |
|---|-----------------------------|
| 1 head Romaine lettuce, (washed, dried) | 1 pt. strawberries (sliced) |
| 4 slices of bacon (cooked and crumbled) | 1 Bermuda onion (sliced)    |

### **DRESSING:**

- |                       |                    |
|-----------------------|--------------------|
| 1/4 c. mayonnaise     | 1/8 c. whole milk  |
| 2 tbsp. cider vinegar | 2 tbsp. poppyseeds |
| 1/8 c. sugar          |                    |

Combine dressing ingredients in a jar and shake until well mixed. Toss lettuce, strawberries and onion with dressing. Sprinkle bacon on top and serve. Very easy and looks pretty on a buffet.

*Kearsley Walsh '81*

## THREE PEPPER SHELL SALAD

1 lb. shells (medium size)  
1 c. mayonnaise  
1 c. sour cream  
Salt and freshly ground white  
pepper  
2 tbsp. white wine vinegar  
4 tsp. Dijon mustard

\*1 lg. red onion, chopped  
\*1 red pepper, chopped  
\*1 green pepper, chopped  
\*1 yellow pepper, chopped  
\*1 lg. clove garlic, minced  
Dill weed

While shells are cooking combine all other ingredients in large bowl. Drain pasta well and combine. Sprinkle with dill weed. Serves 10 to 12.

My daughter proclaimed this salad "AWESOME".

\*DO NOT CHOP IN CUISINART. Vegetables get soupy.

*Jane Taylor 1x '48*

## MIDDLE EAST SIDE TABBOULEH

1 c. bulgur wheat  
3 c. water  
8 scallions, chopped  
1 c. chopped fresh parsley  
2 tbsp. finely chopped fresh mint  
or 1 tbsp. dried  
1/4 c. olive oil

1/4 c. fresh lemon juice  
Salt and pepper to taste  
Lettuce leaves for garnish  
3 tomatoes, chopped  
1 cucumber, peeled and chopped  
8 black oil-cured olives

Pour bulgur into a dry skillet. Toast over medium heat, stirring constantly, until bulgur is lightly browned and releases its aroma. Pour into bowl, add water and soak for 30 minutes.

Drain well and squeeze out remaining water to make the bulgur as dry as possible. Add scallions, parsley and mint. Beat together oil, lemon juice, salt and pepper.

Pour over salad and chill. (I find the taste gets even better the longer you let it chill.)

To serve, arrange lettuce on a platter and mound tabbouleh in the center. Outline with tomatoes, cucumber and olives. Tabbouleh is excellent with grilled fish or chicken.

*Toni Anne Luposello '83*

## LO CAL CROUTONS

Cubed French bread  
1/2 c. chicken stock

1 tbsp. dried tarragon  
1 tbsp. dried basil

Drizzle bread with chicken stock. Toss rest of ingredients in. Sprinkle with:

4 teaspoons Parmesan cheese

Salt and pepper

Bake at 350 degrees until golden.

## CRANBERRY MOLD

2 boxes red Jello (cherry,  
cranberry, or strawberry  
flavor)

2 cans jellied cranberry sauce  
2 to 3 minced celery ribs  
1 c. chopped walnuts

Make Jello using only 3 cups water in large bowl. When Jello is slightly cool, put the two cans of cranberry sauce into same bowl. Using either a beater or electric mixer, blend cranberry sauce and Jello until almost smooth. Put chopped nuts and minced celery into cranberry mix and fold to smooth. Lightly spray with Pam a ring mold, so it will unmold easier.

Place mold with cranberry sauce into refrigerator for hours until firm. When ready to serve, unmold gently and enjoy.

*Belle Weintraub*

*Mother of Ellen Weintraub '71*

## **CRANBERRY APPLE MOLD**

1 1/2 c. boiling water  
1 pkg. (8 serving size) or 2 pkgs.  
(4 serving size) **Jell-O** brand  
cranberry flavor gelatin or  
any red flavor

1 can (16 oz.) **Ocean Spray** whole  
berry cranberry sauce  
1 c. cold water  
1/2 tsp. ground cinnamon  
1 med. apple, chopped

Stir boiling water into gelatin in large bowl 2 minutes or until completely dissolved. Stir in **Ocean Spray** cranberry sauce, cold water and cinnamon. Refrigerate about 1 1/2 hours or until thickened (spoon drawn through leaves a definite impression).

Stir in apple. Spoon into 5 cup mold, which you have sprayed first. Refrigerate 4 hours or until firm. Unmold. Garnish as desired. Store leftover gelatin mold in refrigerator. Makes 10 servings.

## **PINEAPPLE CRUNCH SALAD**

1 pkg. lemon gelatin (6 oz.)  
3 c. boiling water  
1 1/3 c. crushed pineapple  
2/3 c. broken walnuts

1/4 tsp. salt  
4 tbsp. lemon juice  
1 c. diced celery  
4 tbsp. green pepper, cut fine

Prepare the gelatin with boiling water. When slightly thickened add the remaining ingredients and chill in a large ring mold, which you have sprayed first. When ready to serve, loosen in warm water and empty mold on round platter on bed of lettuce. Mayonnaise may be piled in hole in center.

*Daphne Withington Adams '42*

## PINA COLADA MOLD

1 env. unflavored gelatin  
1/2 c. pineapple juice  
8 oz. softened cream cheese

1 c. cream of coconut  
1 c. whipped cream

In small saucepan, combine gelatin, and pineapple juice. Let stand 1 minute. Cook over medium heat stir until dissolved. Cool. In small bowl beat cream cheese until light and fluffy. Gradually add cream of coconut and gelatin mix. Refrigerate until slightly thickened (10 minutes). Stir until smooth. Fold in whipped cream. Pour into vegetable oil sprayed mold, cover and refrigerate.

### FRUIT SAUCE:

1 c. raspberries, pureed  
1/4 c. sugar  
1 tsp. cornstarch

1/3 c. water  
2 tbsp. orange juice

Cook sugar, cornstarch until dissolved. Combine with pureed fruit and water. Mix until dissolved. Add orange juice off heat. Serve on side.

*Judi Stigle '67*

**\*\*\*EXTRA RECIPES\*\*\***



*Miscellaneous*



## MISCELLANEOUS

To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away.

Vinegar brought to a boil in a new frying pan will prevent food from sticking.

When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.

Club soda cleans and polishes kitchen appliances at the same time.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaner.

Once an onion has been cut in half, rub the left-over side with butter and it will keep fresh longer.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old maids." "Old Maids" can also be eliminated by running ice cold water over the kernels before throwing into the popper.

Pinch of rosemary to water cooking rice will add an interesting flavor.

Cook wild meats with onions, cuts down wild flavor.

Do you substitute ingredients? This is always risky - don't do it! For example, sifted flour is not interchangeable with unsifted.

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in double thickness of aluminum foil.

Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

Don't let spilled wine spoil your prettiest tablecloth. While the stain is still wet, cover it with a mound of ordinary table salt; when dry just brush away. The salt will absorb the wine so completely you won't even have to wash the cloth.

Shaving cream is one of the most useful upholstery cleaners.

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand 10 minutes. Rinse thoroughly.

To clean and shine copper pots, rub with Worcestershire sauce or catsup. The tarnish will disappear.

To get cotton white socks white again, boil in water to which a slice of lemon has been added.



## **DRINKS**

### **MARGARITAS**

1 oz. Tequila  
1 oz. Triple Sec

1/2 oz. lime juice

Place in blender with ice. Dip edges of glasses (upside down) into a dish of salt to coat edges.

### **FUZZY NAVELS**

Place 1 1/2 oz. Peach Schnapps into a large glass and fill with orange juice. Add ice.

Editor's Note: This one inebriated one of my Sweet Briar meetings in NYC so thoroughly, and painlessly, that I am overjoyed all of you ladies got home safely!

### **PINA COLADAS**

Add 1 oz. of rum and 2 oz. of cream of coconut to a glass of pineapple juice for each serving. Place in a blender with ice and serve. A dash of grenadine can be added before blending. Serve with a maraschino cherry.

### **BELLINIS**

Into the blender, place a ripe peeled and pitted peach and ice. After the mixture is pureed, add champagne. Use one part puree of peach to three parts champagne. Blend and serve in tall glasses. The authentic Italian version from Harry's Bar in Venice uses white peaches and an Italian white sparkling wine called Prosecco, less expensive than champagne.

## KIR

Place 1 oz. creme de cassis into a champagne or wine glass full of white wine. For a Kir royale, use champagne instead of white wine.

## MIMOSAS

2 c. freshly squeezed orange juice    Fresh mint leaves for garnish  
1 bottle brut champagne or other  
dry sparkling wine, chilled

Distribute the orange juice equally among four champagne glasses. Slowly add champagne to fill glasses, mix gently and garnish with mint leaves. Makes 4 servings. A rule of thumb: one part juice to 3 parts champagne.

## LILLET

Into a beautiful silver or crystal punchbowl, pour bottles of white Lillet (a French aperitif) and float slices of lemon and orange wedges sliced very thinly. Have a bowl of orange zest ready to place a bit in each serving. Serve either in punch cups or crystal white wine glasses.

As served at our Spring Tea in April '95. Our charming hostess was Murrell Chadsey '44.

## WHITE WINE

Extra-dry, extra cold white wine can provide the basis for a dazzling array of "cocktails" that are lighter and more interesting than the usual party fare.

Add a spoonful of Framboise, Mirabelle or Poire William to a glass of chilled white wine and garnish with the appropriate fruit.

Fresh fruit makes a glass of white wine prettier and adds flavor of its own as well. Try dropping a few green grapes in the glass, or balls of fresh melon, or a slice of mango.

A sprig of mint is beautiful and tasty too. Crush lightly in the bottom of the glass and pour in the chilled white wine, cool.

Peel and slice a kiwi and freeze slices into ice cubes. Float 1 or 2 cubes in a glass of chilled white wine. Strawberries and black cherries are nice, too.

Stir a spoonful of fresh orange juice and a splash of soda or seltzer into the white wine. Serve iced or "up".

Don't forget the trusty lemon. Something as simple as a freshly cut lemon section or a twist of lemon peel dropped into a glass of white wine, iced or not, is a refreshing touch.

## GRANDMOTHER'S EGG NOG

12 eggs  
1 1/2 c. sugar  
1 1/2 c. bourbon or blended  
whiskey

1/4 c. dark rum  
1 pt. whipping cream  
Nutmeg

Separate egg yolks and whites into two large electric mixer bowls. Mix yolks and at medium speed add 12 tablespoons (3/4 cup) of sugar. Increase speed and beat yolks until fluffy. Continue beating while gradually adding 1 1/2 cups of whiskey and 1/4 cup of rum. Remove from mixer and wash beaters thoroughly.

Mix whites and at medium speed gradually add 12 tablespoons (3/4 cup) of sugar. Increase speed and beat mixture until stiff peaks form. Set aside. Whip 1 pint of whipping cream.

Return egg yolk mixture to electric mixer and at lowest speed, fold egg white mixture into yolks. Then fold in whipped cream. Pour into serving bowl and sprinkle with nutmeg. To serve, spoon into individual cups or glasses and sprinkle with more nutmeg.

The egg nog is extremely thick and can be eaten with a spoon, if desired. The longer the egg nog sits, the more air it loses, becoming more liquid, so it should be made as close to serving time as possible. When serving, be sure to ladle from the bottom.

If you want to prepare a smaller amount, the simple rule is as follows:

1 tbsp. sugar to each egg yolk  
2 tbsp. whiskey to each egg yolk

1 tbsp. sugar to each egg white

This recipe is our grandmother's, Lois Hanson Griffeth of Athens, Ga. She died in Atlanta in 1951.

*Nannette McBurney Crowds, '57  
& Olivia McBurney Leon, '65*

## EGGNOG

George Washington's celebrated brew is a perennial favorite. It requires:

1 qt. cream	1/2 pt. rye whiskey
1 qt. milk	1/4 pt. Jamaica or New England
1 doz. eggs	rum
1 dozen tbsp. sugar	1/4 pt. sherry
1 pt. brandy	

Mix the liquor first. Then separate the whites and yolks of eggs and add sugar to the beaten yolks. Mix well. Add the liquor mixture drop by drop at first, while slowly beating. Add the milk and cream and continue slowly beating the mixture. Beat the whites of eggs until stiff and fold slowly into the mixture. Let set in a cool place several days and taste frequently. If nothing else, the recipe is guaranteed to produce a genial host.

## HOT BUTTERED RUM

### THE BATTER:

1 lb. brown sugar	Dash ground cloves
1/4 lb. soft butter, at room temperature	Dash nutmeg
1 tsp. cinnamon	2 tbsp. rum

### THE BUTTERED RUM:

1 heaping tbsp. of batter	Cinnamon sticks
1 oz. dark rum	

To make the batter, mix all of the ingredients together thoroughly, adding splashes of rum to soften the mixture. This batter can be kept in the refrigerator until ready to use.

To make the hot buttered rum, put one heaping tablespoon of batter in each mug, add the rum and hot water to fill the mug. Use cinnamon sticks as swizzle sticks. Yield: 16 servings.

## **SANGRIA**

Sliced oranges and lemons are added to a pitcher of ice. Sugar and cinnamon are mixed together and added. Cointreau, brandy and wine are added then Schweppes soda water.

## **CHAMPAGNE PUNCH (35 PEOPLE)**

3 bottles of Champagne  
1 lg. bottle of soda water  
1/2 c. lemon juice  
1/2 c. water

1 c. sugar  
3 oz. Brandy  
3 oz. Curacao  
3 oz. of maraschino (Grenadine)

*Jeanne C.B. Weiler  
Mother of Wendy '71, Patricia '76 and Pamela '79*

## **PETER PARKER'S PLANTER'S PUNCH**

1 sm. container frozen limeade  
2 liter bottle of ginger ale  
Rum to taste

1 pt. of lime sherbert to float in  
punch

Look at number of servings needed. That will let you know how much rum to add.

*Noreen Parker  
Alumnae Office  
Sweet Briar College*

## **ABSOLUT SEABREEZE**

1 oz. Absolut vodka  
4 oz. pineapple juice

2 oz. cranberry juice



## **MADRAS**

**1 oz. gin**

**4 oz. orange juice**

**2 oz. cranberry juice**

## SAUCES

### SAUCE VIANDE AU VIN ROUGE

(Meat sauce with red wine)

1 tbsp. olive oil  
1 c. finely chopped onion  
1 tbsp. finely minced garlic  
1 lb. lean ground beef  
Salt to taste, if desired  
Freshly ground pepper to taste  
3 c. imported canned Italian  
tomatoes

3 tbsp. tomato paste  
1/2 c. dry red wine, preferably  
Chianti  
1/4 tsp. dried hot red pepper  
flakes  
1 tsp. dried basil, crushed  
1/2 tsp. dried oregano, crushed  
1/2 tsp. dried rosemary, crushed

Heat oil in skillet and add onion and garlic. Cook, stirring until wilted. Add meat and cook, chopping down and stirring with side of heavy metal spoon to break up lumps. Cook until meat loses its raw color. Add salt and pepper.

Blend tomatoes and tomato paste, using food processor or electric blender. Add tomato mixture to meat. Add wine, red pepper flakes, basil, oregano and rosemary. Cook over moderately low heat, stirring occasionally, about 25 minutes. Yield: 4 servings.

*NY Times*

### VEAL STOCK

Place fresh oregano, bay leaves, cloves and peppercorns in a cheesecloth and tie. Add to 2 cups of water in a saucepan with veal bones, carrots, and celery. Add 1/2 cup wine and reduce until half its volume. Strain and reserve.

## RED WINE SAUCE

1/2 c. red wine  
1 tbsp. red wine vinegar  
2 tbsp. port wine  
1/2 c. stock (veal stock if available)

2 shallots  
3 tbsp. clarified butter  
Small bunch thyme

Peel and thinly slice 2 shallots and place in a saucepan with 1/2 cup red wine, 1 tablespoon vinegar, 2 tablespoons port and a small bunch of thyme on a high heat, about 10 minutes.

Add 1/2 cup veal stock to reduced sauce. Place sauce on medium heat. Reduce by half. Strain sauce through a chinoise, or a fine sieve. Swirl in butter with a whisk. Serve with chicken, beef, lamb, veal or venison.

*Ellen Weintraub '71*

## PESTO

2 c. fresh basil  
1/4 c. olive oil  
Pinch salt

1/2 c. grated Parmesan cheese  
1/4 c. pine nuts  
2 garlic cloves

Process all ingredients except Parmesan, which is mixed in later by hand. Never heat pesto.

## VINAIGRETTE

1/4 c. oil (olive preferred)  
1/3 to 1/2 c. vinegar, experiment to see which you like; I prefer tarragon vinegar

1 tbsp. Dijon mustard  
Worcestershire sauce  
Garlic, optional  
1 to 2 cloves minced

Place mustard and vinegar (1/4 to 1/3 cup) in bowl whisk together. Add dash of Worcestershire sauce. Whisk in oil at first drop by drop until an emulsion occurs. Continue to add oil in steady stream, if you add oil slowly and incorporate it with the vinegar, dressing will not separate. Taste; for a more tart vinaigrette add additional vinegar.

*Blair Redd Barnes '83*

## QUICK TOMATO SAUCE

1 can whole tomatoes  
2 cloves garlic, cloves can be  
sliced or chopped  
1 tbsp. butter  
Basil

Oregano  
Salt  
Pepper  
Touch of olive oil

Saute garlic in butter with a touch of olive oil, (this keeps butter from burning) until browned. Remove garlic if you have an intolerance for it, obviously easier to do if sliced. Dice and add tomatoes and reserve juice. Season to taste. Add some juice if you like a more liquid sauce. If you prefer a thicker sauce add more tomatoes. Bring to a simmer. Toss with pasta and serve with cheese.

*Blair Redd Barnes '89*

## BOLOGNESE MEAT SAUCE

1 c. yellow onion, chopped  
2 tbsp. unsalted butter  
2 tbsp. olive oil  
1 oz. porcini mushrooms (fresh  
or dry. If you use dried, soak  
in 2 cups water for 20 to 30  
minutes)  
1 lb. mild Italian sausage,  
skinned and chopped finely

1 lb. ground pork  
3 c. chicken broth  
3 tbsp. tomato paste  
1 c. dry white wine  
2 c. porcini water  
Salt and fresh ground pepper to  
taste

Saute onion in butter and olive oil. Add well washed mushrooms (but save the water you soaked them in). Wash by straining through paper towels several times. Brown meats in onion and mushroom mixture.

Add dry white wine, reduce. Blend 2 to 3 tablespoons tomato paste into the broth and then add to the mixture. Add porcini water. Reduce, bring to a gentle boil. Cover and simmer for at least one hour before serving.

*From "Biba's Italian Kitchen"*

## **CREME ANGLAIS**

**(A DESSERT SAUCE)**

**1 c. milk**  
**3 egg yolks**

**1/3 c. sugar**  
**2 vanilla beans**

Place milk in a saucepan over medium heat. Whisk sugar into egg yolks and then add quartered vanilla beans. Whisk heated milk into egg yolks in a large bowl. Return to heat. Cook about two minutes until thickened, stirring constantly. Strain into another saucepan. Pour into a small ceramic bowl and refrigerate until use.

## **TUSCAN PASTA SAUCE (LIGHTER VERSION)**

Saute in:

**2 tablespoons olive oil**

Add:

**1 lb. ground chicken**  
**1 c. vegetables (1/3 each carrot,  
onion and celery, diced)**  
**1 c. white wine**

**1 c. chopped tomato**  
**1 bay leaf**  
**1 sprig fresh rosemary**  
**1 c. chicken broth**

Cook on low heat until tomatoes are dissolved into sauce.

## **EASY TARTAR SAUCE**

Break:

Large egg

In a processor add:

Salt and pepper  
1 clove garlic  
1/2 tsp. mustard powder  
6 oz. oil

4 cornuchons or sweet gherkins  
1 tbsp. coriander  
2 tbsp. capers  
1 tsp. lime juice.

## **HORSERADISH CREAM DRESSING**

3/4 c. heavy cream  
1/4 c. wine vinegar  
Salt and white pepper to taste

3 tbsp. grated horseradish  
1 1/2 tsp. finely chopped shallot  
or onion

Beat the cream until very stiff, then gradually beat in the wine vinegar. When the mixture is the consistency of mayonnaise, add the salt and pepper. Fold in the horseradish and shallot. About 1 3/4 cups. Nice with beef.

## **MAYONNAISE**

2 egg yolks  
1 tsp. dry mustard  
1/2 tsp. salt  
Pinch of cayenne pepper

1/4 c. wine vinegar or lemon  
juice  
1 c. olive oil  
1 c. salad oil

Beat the yolks until thick and lemon colored. Add the seasonings and half the vinegar. Beat well. Mix the oils and add, while beating, drop by drop at first and then in a gradually increasing amount as the mixture thickens. Do not overbeat. Slowly add the remaining vinegar and beat well. Chill. Makes about 2 cups.

## **GREEN MAYONNAISE**

**10 sprigs fresh watercress**  
**10 leaves spinach**  
**10 stalks fresh tarragon or**  
**chervil**

**1 tsp. lemon juice (optional)**  
**1 c. mayonnaise**

Simmer the washed greens in unsalted water 2 minutes. Drain and rinse in cold water. Press out the water and pound in a mortar or process until the greens are reduced to a pulp. Add the lemon juice and combine the mixture with the mayonnaise. Use with vegetable or fish salads. Makes about 1 1/4 cups. NOTE: Also good with cilantro.

## **MAYONNAISE**

**3 egg yolks**  
**3 c. salad oil**  
**Juice of 3 lemons**

**Salt**  
**Pepper**

With a wire whisk break up the egg yolks in a bowl. Pour in the oil very slowly, drop by drop, beating constantly. After you have incorporated all the oil, very slowly add the strained lemon juice, salt and pepper. Yield: 3 cups. This may be processed by adding the oil through the chute.

NOTE: One of the most important factors for the success of this dish is that all the ingredients should be at room temperature. If the oil and eggs separate, it is very simple to save it. Begin again with 1 egg yolk, and, instead of oil, add the separated mayonnaise to it very slowly, beating constantly. Makes 3 cups.

## CLASSIC FRENCH MAYONNAISE

1 1/3 cups. Preparation time: 5 minutes.

2 egg yolks  
1/8 tsp. white wine vinegar  
1 tbsp. lemon juice  
2 tsp. plain Dijon mustard  
1/4 tsp. salt

1/8 tsp. freshly ground white pepper (optional)  
1 1/2 c. mild vegetable or mild olive oil

Insert metal knife blade in processor container. Put egg yolks, vinegar, lemon juice, mustard, salt and optional pepper in container. Process 30 seconds. With machine running, drizzle oil very slowly through food chute until mayonnaise takes and sound changes slightly. Then continue adding oil slightly faster, within 30 to 45 seconds. Scrape down container side. Process 5 seconds longer. (If desired, thin mayonnaise with several tablespoons hot water). Adjust seasoning to taste.

## SOUR CREAM AND DILL SAUCE

1 2/3 cups. Preparation time: 8 minutes.

1/4 c. firmly packed fresh dill sprigs  
1 lg. egg  
2 to 3 tsp. fresh lemon juice, more to taste  
1/4 tsp. salt

Several dashes hot pepper sauce  
1/2 c. mild vegetable or olive oil  
1 c. sour cream  
1/2 med. cucumber (4 oz.)  
peeled, seeded, quartered lengthwise

Insert metal knife blade in processor container. Process dill until chopped; set aside. Put egg, lemon juice, salt and hot pepper sauce in container. Process, adding oil in a very slow stream until mayonnaise takes and sound changes slightly, then continue adding oil slightly faster within 30 seconds. Scrape down container side.

Pulse in sour cream and dill with 6-half second pulses. Remove metal knife blade and insert thin (2 mm) or medium (4 mm) slicing disk. Put cucumber upright in food chute. Slice with a gentle push. Adjust seasoning to taste and refrigerate until ready to serve.



## **AIOLI SAUCE FOR FISH**

In processor place:

**2 egg yolks**  
**1 clove garlic**  
**Salt to taste**

**1/2 foie gras (cooked, unless you  
intend to heat this sauce)**

Add 1/2 cup olive oil in drizzles.

*Ellen Weintraub '71*

## **CHAMPAGNE FISH SAUCE**

**1/4 c. shallots**  
**1/2 c. champagne**  
**1/2 c. cream**  
**1/2 c. fish stock**

**2 tbsp. chopped chives**  
**Dill**  
**Lemon zest**

Peel, slice and add shallots to champagne in a saucepan. Reduce by 1/3 and add cream, fish stock, chives and dill. Boil and reduce until thickened. Add lemon zest 10 minutes before serving.

## **APPLE CURRY SAUCE FOR CHICKEN BREASTS**

**1 tsp. butter**  
**2 tbsp. shallots**  
**2 tbsp. garlic**  
**1 tsp. ginger**  
**1 Granny Smith apple, grated**

**1/2 c. dry white wine**  
**1/4 c. apple cider**  
**1 tbsp. curry (must be fresh,  
within one year)**  
**1/2 c. heavy cream**

Roast curry in a pan, and set aside. Peel, slice and saute shallot, garlic and ginger in butter. Add grated apple and wine. Reduce by 1/3. Add cider and curry and reduce again. Add cream and reduce again. Salt and pepper to taste, added after reduction. Strain through a chinoise or fine sieve.

## MANGO BARBECUE SAUCE

This sweet barbecue sauce will replace any of your favorites. I particularly like it with chicken and pork.

- |   |                          |
|---|--------------------------|
| 1 inch fresh ginger, peeled and chopped | 1/2 c. mango marmalade   |
| 4 garlic cloves                         | 1 c. ripe mango, diced   |
| 2 tbsp. minced fresh oregano            | 1/3 c. dark Jamaican rum |
| 1 tsp. minced thyme                     | 1/4 c. light soy sauce   |
| 1/4 c. Dijon mustard                    | 1/4 c. vegetable oil     |

Place all ingredients in food processor bowl and process until smooth. Makes 3 cups. Keeps refrigerated up to 2 weeks.

## BECHAMEL (WHITE SAUCE)

- |                |                                |
|----------------|--------------------------------|
| 2 tbsp. butter | Salt and freshly ground pepper |
| 2 tbsp. flour  | Nutmeg                         |
| 1 c. milk      |                                |

Melt the butter in a saucepan over moderate heat without letting it brown. Add the flour, accurately measured, and whisk until blended. Separately bring the milk almost but not quite to the boiling point. While stirring the butter and flour mixture vigorously, add the hot milk all at once. When it comes to a boil, it will thicken automatically. Simmer 5 minutes. Season to taste with salt, pepper and freshly ground nutmeg.

Variations: Add dry mustard to flour or herbs to finished sauce. Cheese may also be added to make a Mornay Sauce.

## CANDIES

### CHOCOLATE TRUFFLES

3 c. semisweet chocolate morsels	1/4 tsp. almond extract
1/2 c. heavy cream	Unsweetened cocoa
2 tbsp. rum	

Melt chocolate over simmering water. Beat until smooth. Scald the cream in a small saucepan; remove from the heat and let cool to 130 degrees on a candy thermometer.

Add cream to chocolate and beat over simmering water until smooth. Remove from heat and add flavorings. When cool, beat with an electric mixer until fluffy. Refrigerate until firm. Dust your hands with unsweetened cocoa, roll teaspoonful of the mixture into balls and roll in unsweetened cocoa. Place in small candy papers and refrigerate. Makes about 40.

### EBONY AND IVORY TRUFFLES

7 1/2 oz. white chocolate	5 tbsp. unsweetened cocoa
3/4 c. heavy cream	Dark chocolate cookie crumbs
8 oz. semi sweet chocolate	Chopped hazelnuts

Bring cream to a boil. Place 1/4 cup over white chocolate in one bowl, rest over dark in another bowl or place over a double boiler.

Make sure to leave space between water and bowl containing chocolates. Cool one hour at room temperature. Refrigerate.

Place teaspoonfuls on a parchment lined baking sheet. Then take each one and roll in your hands (which you have spread with cocoa to avoid sticking) into balls and then roll in either cocoa (the classic truffle), cookie crumbs, or hazelnuts.

*From "Death by Chocolate" by Marcel Desaulniers*

## HOPSCOTCHERS

- |   |                                  |
|---|----------------------------------|
| 1 (12 oz.) pkg. (3 cups) Nestle<br>Butterscotch morsels | 2 (3 oz.) cans chow mein noodles |
| 1/2 c. light corn syrup                                 | 4 c. miniature marshmallows or   |
| 2 measuring tbsp. water                                 | 1 (8 oz.) pkg. chopped dates     |
| 1 measuring tbsp. vegetable<br>shortening               |                                  |

Combine over hot (not boiling) water, Nestle Butterscotch morsels, corn syrup, water and shortening; heat until melted and smooth. Transfer to large bowl. Add chow mein noodles; mix well. Cool slightly; fold in marshmallows or dates. Drop by slightly rounded measuring tablespoonfuls onto waxed paper lined cookie sheets. Chill in refrigerator until firm (about 20 minutes). Makes 4 dozen candies. Variation: replace corn syrup and water with 1 cup peanut butter.

## PANTRY FUDGE

- |   |  |
|---|--|
| 1 (12 oz.) pkg. semisweet<br>chocolate chips                        | Dash of salt                             |
| 1 (6 oz.) pkg. unsweetened<br>chocolate                             | 1/2 to 1 c. chopped pecans or<br>walnuts |
| 1 (14 oz.) can sweetened<br>condensed milk (not<br>evaporated milk) | 1 tsp. orange extract                    |

Line an 8 or 9 inch square pan with wax paper. Melt the chocolates with the milk and salt in a heavy saucepan over low heat or in the microwave. Remove from the heat and stir in the nuts and orange extract. Spread evenly in the prepared pan. Chill 2 hours or place in the freezer until firm. Turn the fudge onto a cutting board, peel off the paper and cut into squares. Store loosely covered at room temperature. Makes 2 pounds.

## PEANUT BRITTLE FUDGE

- |   |                               |
|---|-------------------------------|
| <b>1 1/2 c. Virginia unsalted shelled<br/>peanuts</b> | <b>Pinch of salt</b>          |
| <b>3 tbsp. plus 1/2 tsp. unsalted<br/>butter</b>      | <b>1 tsp. vanilla extract</b> |

Whisk in a saucepan:

- |                              |                                 |
|------------------------------|---------------------------------|
| <b>2 c. granulated sugar</b> | <b>1/2 c. unsweetened cocoa</b> |
| <b>1 c. whole milk</b>       |                                 |

Raise temperature slowly to 245 degrees (takes about 25 to 30 minutes), scraping down sides of pot with a rubber spatula, on medium to low setting. Toast unsalted shelled Virginia peanuts. When milk mixture reaches 245 degrees. Add 3 tablespoons butter and 1 teaspoon vanilla extract. A thermometer is critical.

Add toasted peanuts. Place fudge into a buttered Pyrex dish. Cool for 30 minutes at air conditioned room temperature.

## ALMOND TOFFEE

- |                              |  |
|------------------------------|--|
| <b>1 c. butter</b>           | <b>1 c. semi sweet or milk chocolate</b> |
| <b>1 1/4 c. sugar</b>        | <b>chips</b>                             |
| <b>1 c. slivered almonds</b> |  |

Melt the butter over medium heat in a deep saucepan (I use a 4 quart size; this helps keep any hot splatters contained). While stirring with a wooden spoon, stir in the sugar and almonds.

Increase the heat to high and cook, stirring constantly, for 5 minutes, or until the mixture is a pale golden brown. The almonds should be making a "popping" sound.

Pour mixture quickly onto a cookie sheet, set on a rack, and spread thinly. Sprinkle the chocolate chips immediately on the hot toffee. They will melt quickly and can then be spread over the toffee with a spatula. When the toffee is completely cooked, break in small pieces. Makes about 10 dozen candies.

## CHOCOLATE HONEY ALMOND CRUNCH

4 c. sliced almonds  
6 oz. unsalted butter, melted  
1 1/2 c. sugar  
1/2 c. water

1/4 c. dark rum  
1/4 c. honey  
8 oz. semi sweet chocolate  
4 oz. unsweetened chocolate

Toast 2 cups of almonds at 325 degrees until golden.

Add sugar to melted butter, add water, rum and honey, stirring. Bring to 220 degrees (8 degrees above boiling, only boil for 10 seconds.)

Add 2 cups of untoasted almonds and bring now to 225 degrees. Place on 2 ungreased non stick (or greased if not nonstick) baking pans. Make sure to split up almonds evenly between pans. Spread out evenly.

Place in oven for 24 minutes at 325 degrees. Rotate baking sheets halfway through. Set for a few minutes at room temperature.

Chip semisweet chocolate into 1/4 inch pieces and sprinkle on top. Also sprinkle 4 oz. of unsweetened chipped chocolate on top of that. Spread with a rubber spatula to combine two chocolates. If chocolate doesn't melt place in oven one or two minutes.

Split up toasted almonds between the two pans. If room is air conditioned you can leave them out now, otherwise place in refrigerator to "set up" before serving.

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A diagram of a formal dinner table setting for two people. The table is rectangular. On the left side, there are two place settings. Each setting includes a large plate (1) at the top, a small bowl (2) to its right, a knife (6) and spoon (7) to its right, and a fork (5) below the plate. A square napkin (3) is placed to the left of the plate. A glass (4) is placed to the right of the plate. The right side of the table is empty.

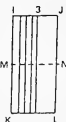
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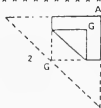
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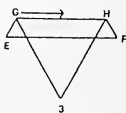
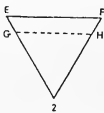
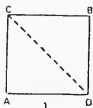
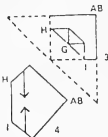
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**THE FAN** – Begin by folding square napkin in half. Then pleat in folds from points EF to GH, shape shown in third drawing. Fold again in half, folding IJ toward back to KL so that MN is the outside of the fold. This makes shape in the fourth drawing. Press two points O in opposite directions to point P. This triangle makes fan handle. Press to insure crisp pleats. Spread pleats to form a fan.



**THE CROWN** – Bring point A to B and press along line CD. Then fold corners C & D to point AB. Bring point G about 2/3 of the way up to AB and press, as in drawing Number 2. Bring point G back to line HI, as in drawing Number 3. Turn napkin to opposite side, as in drawing Number 4. Bring corners H and I together, tucking one into the other, forming a round base. Stand the napkin up and flair out the two top corners, forming a crown.

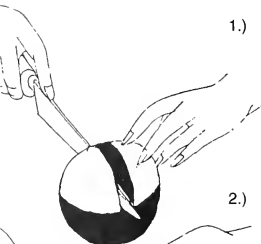


**THE CANDLE** – Bring point A to B and press on fold CD.  
Turn down fold EF on line GH and press.  
Roll napkin from point G toward H, with  
cuff on outside. Roll evenly, to keep napkin  
the same size down it's length.  
Tuck remaining cuff corner inside cuff to  
hold candle firm.

## SIMPLE TRICKS — ELEGANT RESULTS

## FRUIT BASKETS

To enhance your next dinner party, let this fruit basket charm your guest, and add color to the meal.

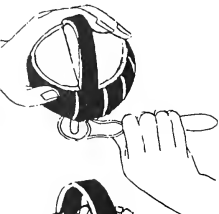


- Trim the bottom end of an orange or grapefruit flat. Place fruit upright. Make an imaginary line around the middle of the fruit.

Cut down the right side of the center until you reach the line. Do the left side to the center.



- 2.) Cut on the horizontal line on the right side of the middle, until you reach the right side vertical cut. repeat on the left side.



- 3.) Add charm to your fruit basket by scoring the rind, to create a basket weave effect. Remove pulp from fruit.



- 4.) Fill baskets with fruit.

## HINTS

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### Steps:

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- 1.) Hold the radish with the stem end down, make four cuts down all the around the radish.
- 2.) Peel off the top portion or, leave as it is.
- 3.) Place radish flower in water to bloom.



## BREAD MACHINE BAKING TIPS

- 1.) Review your instructions on how your bread machine operates carefully. Your manual can provide troubleshooting guide should your bread not come out perfect. Never open bread machine during the rising of baking stages to check the breads progress. Opening the bread machine may cause the bread to collapse.
- 2.) Correctly assemble your bread machine. Make certain the parts are properly put together, so you mix and knead properly.
- 3.) Read and understand your recipe before you begin. Only use the ingredients listed and measure carefully.
- 4.) Ingredients should be pre-measured and at room temperature before adding them to the bread machine. Add ingredients listed in proper order as recipe calls for.
- 5.) If your bread machine has a delayed bake cycle for recipes that do not have dairy or egg products (so bacteria won't grow as the mixture sits in the bread machine.) Do not have yeast come with liquid when using the delayed bake cycle.

## TROUBLESHOOTING

- \* **BREAD DIDN'T RISE** - Rising will decrease with too much sugar or fat.
- \* **BREAD IS TOO BROWN** - Browning too quickly caused by too much sugar or fat.
- \* **BREAD IS TOO HEAVY** - Too much flour used, not enough liquid, and not enough yeast.
- \* **BREAD IS UNDERCOOKED** - Too much liquid used in recipe or too much flour used.
- \* **BREAD HAS A YEASTY AROMA - OR OVER PROOFED** - Decrease the amount of yeast in recipe by 1/4 teaspoon.

## USEFUL KITCHEN HINTS

Substitute for sour cream - mix 1 tablespoon lemon juice, 1 cup cottage cheese, 1/3 cup buttermilk. Blend in a blender or food processor for 2 minutes.

One lemon will yield about 2 1/2 and 3 1/2 tablespoons of juice.

To cut dried fruits, marshmallows or gumdrops, dip kitchen scissors frequently into hot water.

A medium-size clove of garlic equals 1/8 teaspoon of garlic powder.

You get twice the amount of orange juice from a orange, if you hold it under hot water before you squeeze.

Popcorn left in the cupboard? Place 1/4 cup of popcorn in a brown paper lunch bag. Fold the top over a few times. Place paper on it's side and microwave on high until the popping slows.

Brew your coffee with bottled spring water, you will have better tasting coffee and no mineral deposits.

# MINUS MEAT COOKERY


















- TOFU** – Sometimes called bean curd, is a white or cream-colored product made from soybean milk. Soft tofu is smooth and creamy. Use it for whipping, blending, crumbling for recipes such as dips and dressings. Firm tofu is used for slicing and cubing. Use in stir-frys, casseroles, soups, and any other dish you want the shape to stay intact.
- BARLEY** – Has a mild, starchy flavor and slightly chewy texture. Use as side dishes hot cereal, soups, and baked goods.
- BULGUR** – A precooked and dried, cracked wheat with a tan color and a delicious nutty flavor. Serve as a side dish, salad (Tabbouleh).
- CORNMEAL** – Medium-fine ground, hulled kernels that are MADE from corn kernels. Cornmeal comes in white, yellow, and blue varieties. Stone ground corn meal is slightly coarser than other cornmeal. Use in baked goods, coating, polenta.
- MASA HARINA** – Is corn processed with lime to remove hull, medium ground; dry, dough, raw, or cooked tortillas. Used in tortillas and other Mexican dishes.
- MILLET** – A tiny round yellow kernels have a slightly nutty flavor and chewy texture when cooked. Use for side dishes and flat breads.
- COUSCOUS** – Is a tiny pasta made from semolina pellets, often parcooked. Often served as stew and in soups.
- QUINOA (kih-no-uh)** – Tiny grain is about the size of sesame seeds, is pale yellow and has a crunchy texture and a subtle nutty taste. It's low-fat source of fiber and complete protein.
- WILD RICE** – Is not a rice but a long, dark brown grass. Wild rice has a nutty flavor and is used as a side dish & in stuffings.
- WHITE RICE** – Polished grains, usually enriched; long or short grain. Used in puddings, risotto.
- BROWN RICE** – Hulled grains, bran intact; short, medium, or long grain, may be enriched.
- BASMATI RICE** – Delicate, extra-long grain, polished. Used as side dishes, pilafs.
- CONVERTED RICE** – Parcooked, polished grains, may be enriched.
- MISO** – A salty paste made from cooked, aged soybeans and sometimes grains. Thick and spreadable, it's used for flavoring and soup base. Available in several varieties; darker varieties tend to be stronger-flavored and saltier than lighter varieties.
- ARROWROOT POWDER** – Starch flour used for thickening. Usually less processed than corn starch, but can substituted for it.
- PINE NUTS** – Seeds from the pine cones of certain evergreens. Their mild pine-like flavor is enhanced by toasting. Also called, pignolias of pinons. Makes wonderful pesto.
- GARBANZO BEANS** – Light brown beans with a nutty flavor. Also called chickpeas. Used in Middle Eastern and Mediterranean dishes and salads.

Meatless cookery wouldn't be complete without the various pastas, cheeses, herbs, vegetables, and many other ingredients you bring to your recipe.

# PASTA

# PASTA

# PASTA

NAME	DESCRIPTION	USE
<b>MACARONI</b>		
Acini di pepe/Peppercorns	Tiny wheat pasta	Soup, salads
Alphabets 	Tiny alphabet pasta	Soup
Conchiglie/Shell 	Smooth or ridged shell shaped pasta in different sizes	Soup, salads
Elbow Macaroni 	Macaroni tubes that are curved	Casseroles, soups
Farfalle/Bow Ties 	Bow shaped pasta	Soups, stuffings
Mostaccioli  sauces	Diagonally cut pasta	Casseroles, tomato
Orzo 	Tiny rice shaped pasta	Cooked like rice, soups
Rigatoni 	Ridged curved tubes	Casseroles, soups
Ziti 	Smooth short tubes	Casseroles
<b>NOODLES</b>		
Fettuccini 	Ribbon noodles about 1/2 inch wide	Buttered or in sauce
Lasagna 	Wide pasta, with/without	Baked Casseroles, curly edges
Lasagna		
Tagliatelle/Wide Egg Noodle 	3/4 inch wide egg noodle	Casseroles
<b>SPAGHETTI</b>		
Capellini/Angel Hair 	Thin, sometimes coiled	Sauces
Fusilli/Rotini 	Spiral shaped pasta	Casseroles/Sauces
Linuine 	Flat, narrow, long	Casseroles, sauces
Vernicelli 	Straight thin spaghetti	Sauces
<b>OTHER PASTA</b>		
Manicotto 	Large diagonal tubes	cooked and filled
Ravioli 	A filled pasta	Serve with sauce

To make homemade pasta follow recipe for ingredients and procedures.

## Noodles

- 1 cup all-purpose flour
- 1 cup semolina flour
- 3 egg yolks
- 1 egg
- 2 teaspoons salt
- 1/4 to 1/2 cup water

## Methods

Make a well in the center of the four. All egg yolks and egg, add salt; mix in thoroughly. Add water, a small amount at a time, until the dough is stiff but pliable. Divide the dough in 4 parts. Deep dough covered tightly (so it doesn't dry out), with a rolling pin or a floured surface, roll dough into a thin rectangle. Fold rectangle in thirds, cut cross wise into thin strips. Let noodles air dry until stiff. Cook noodles in boiling salted water until tender, about 6 minutes.

## Equipment needed for pasta making:

**Collander** - Large strainer to drain pasta

**Electric Mixer** - Dough can be mixed by using a dough hook attachment.

**Food Processor** - Like the electric mixer, it will mix the dough for you and most of the kneading.

**Knife** - A sharp long Knife.

**Pasta Wheel/Pastry Wheel** - Use cutters to make rows of ravioli and lasagna.

**Pasta Machine** - Electric or Hand crank models will make uniform sheets of pasta.


**Ravioli Stamp** - Ravioli can be made one at a time by processing two sheets of pasta with filling inside, pressing shape out and sealing edges.

**Ravioli Tray** - Looks like an ice cube tray. Place dough on tray, set filling on indentions, place top sheet of pasta on top, roll over top sheet with rolling pin. Separate ravioli's with wheel or free hand.

**Rolling Pin** - Use a solid, long rolling pin.

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**Yogurt Popsicles** - 1 Carton plain yogurt  
1 (6oz.) concentrated Unsweetened fruit juice  
(may add dash of vanilla or honey)  
Mix well, freeze in 3 oz. paper cups, using  
wooden sticks or spoons for handles when  
partially frozen.




**Bunny Salad** - Place a canned pear half on a bed of lettuce. Add raisins for the eyes, maraschino cherries for the nose, toothpicks for whiskers, and american cheese for the ears.

**Edible Play Dough** - Mix 1 jar of peanut butter (18 oz.)  
6 tablespoons honey  
non-fat dry milk powder (until the correct  
consistency)  
(may add cocoa for a chocolate flavor)  
Shape any way you want. decorate.



**Breakfast Cereal Toppers** - Stir in or top cereal with any of the following:

- Jelly or jam
- applesauce
- fresh fruit
- raisins, dates
- ice cream, frozen yogurt
- brown sugar or honey







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Microwaves have browning grills, roasting rack, muffin pans, and other microwave utensils. But, begin with what you have: **Glass**-oven proof glass or ceramic baking dishes are the most used cooking tools. Use glass, china, or pottery if there is no metal trim or signature on the bottom.

**Plastic** - Use dishwasher-safe plastics, hard plastic trays, mugs, and bowls may be used in microwaves for short periods of time. Foam cups and dishes, and baby bottles are safe for heating, but none of these items should be used for prolonged periods because melting may occur. Use plastic wrap as a covering, but pierce it before taking out of microwave to prevent steam burns.

**Paper** - Paper cups, plates, towels should be used only for heating or defrosting. Long periods of time may cause paper to burn. Wax paper can be used as a cover during cooking.

**Metal** - In general metal should not be used in your microwave. Microwaves cannot pass through metal and food will only cook from the top. TV dinner trays, less than 3/4 of an inch deep are allowable because they are shallow enough for the microwave to penetrate and cook food from the top.

Metal skewers are usable when the food is much greater than metal, like a filled kabob. Small pieces of foil can be used for shielding parts which are cooking too quickly.

**Straw baskets/wood handled spoons and rubber spatulas** can be used in oven for short periods of time.

- \*\* **Quantity** -determines cooking time. Small amounts of food or liquid take less cooking time than larger amounts of the same ingredient.
- \*\* **Density**- dense heavy foods take longer to microwave than lighter foods because microwaves cannot penetrate as deeply and the food must heat by conduction from the hot outer edges.
- \*\* **Starting temperature**-room temperature foods cook faster than food that is refrigerated. And refrigerated food cooks faster than frozen foods.

When in doubt always consult your microwave manual for cooking techniques, equipment to use , reheating, defrosting, and cooking your food.

# SIMPLE GUIDE TO WEIGHTS, MEASURES AND METRIC

## WEIGHTS AND MEASURES

CAN #	FLUID OZ. VOLUME	CUPS
303, also #1	15.6	2
303, cylinder	19.0	2-1/3
2-1/2	28.5	3-1/2
#5	56.0	7
#10	103.7	12-3/4
1 Gallon	128.0	16

## COMMON CONVERSIONS

3 Teaspoons (tsp.)	1 Tablespoon (Tbbs.)
48 Teaspoons (tsp.)	1 Cup (c.)
4 Tablespoons (Tbbs.)	1/4 Cup (c.)
16 Tablespoons (Tbbs.)	1 Cup (c.)
1/4 Cup (c.)	2 Ounces (oz.)
1/2 Cup (c.)	4 Ounces (oz.)
1 Cup (c.)	8 Ounces (oz.)
1 Pint Equals 2 Cups	16 Ounces (oz.)
1 Quart Equals 4 Cups	32 Ounces (oz.)
1 Gallon Equals 16 Cups	128 Ounces (oz.)

## METRIC CONVERSION TABLE

To Change	To	Multiply By
Ounce (oz.)	Grams (g)	28
Pounds (lbs.)	Kilograms (kg)	0.45
Fluid ounces	Milliliters (ml)	30
Cups (c.)	Liters (l)	0.24
Quarts (qt.)	Liters (l)	0.95
Gallons (gal.)	Liters (l)	3.8
Temperature (F)	Temperature	5/9 after subtracting 32

## Putting Metric Units into Daily Living.

Dash of Salt is about 1 ml.  
 Quart of Milk is just less than 1 liter.  
 Paper clip weighs 1 g.  
 Thickness of a dime is 1 mm.  
 10 to 15 minute walk is 1 km.  
 Water freezes at 0 degree Celsius.  
 Water boils at 100 degree Celsius.  
 Room temperature is 20 degree C to 25 degree C.

# LOW FAT - NO FAT - SOME FAT - GUIDE

## FOOD TABLE

### Abbreviations used in Table

cal.	calories	poly.	fatty acid	polyunsaturated fatty acid
chol.	cholesterol	sat.	fatty acid	saturated fatty acid
gm	gram		Tbsp.	tablespoon
mg	milligram		tr	trace
Na	sodium		pkg.	package
oz.	ounce			

Description Food/Portion	Weight (gm)	Fat (gm)	sat. Fatty Acid (gm)	Energy (cal.)	Chol. (mg)	Na (mg)
<b>FROZEN DESSERTS</b>						
Frozen Yogurt (1/2 cup)	113	2.3	1.5	123	9	60
Ice Cream, 10% fat (1/2 cup)	67	7.1	4.5	135	30	58
Ice Milk (1/2 cup)	66	2.8	1.8	92	9	53
Sherbet (1/2 cup)	97	1.9	1.2	135	7	44
<b>CHEESE</b>						
American (1 oz)	28	8.9	5.6	106	27	406
Cheddar, Colby, Parmesan, Swiss (1 oz)	28	9.4	6.0	114	30	176
Cottage Cheese, lowfat 1% (1/2 cup)	113	1.2	0.7	82	5	459
Cream Cheese (1 oz)	28	9.9	6.2	74	31	84
Mozzarella, part skim (1 oz)	28	4.5	2.9	72	16	132
Ricotta, part skim (1 oz)	28	2.2	1.4	39	9	35
<b>FATS and OILS</b>						
Margarine-		Poly. Fatty Acid				
Corn Oil (1 tsp)	5	3.8	0.6	1.5	34	0
Diet (2 tsp)	10	3.8	0.6	1.5	33	0
Safflower Oil, tub (1 tsp)	5	3.8	0.4	2.1	34	0
Soybean, tub (1 tsp)	5	3.8	0.6	1.3	34	0
Butter (1 tsp)	5	4.1	2.5	0.2	36	11
Oil-						
Canola (1 tsp)	5	4.5	0.3	1.5	40	0
Corn (1 tsp)	5	4.5	0.6	2.7	40	0
Olive (1 tsp)	5	4.5	0.6	0.4	40	0
Safflower (1 tsp)	5	4.5	0.4	3.4	40	0
Peanut (1 tsp)	5	4.5	0.8	1.4	40	0
<b>BREADS, CEREALS, PASTA</b>						
Bagel, 1	100	2.6		296		360
Bread, White (1 slice)	23	0.9	0.2	63		114
English Muffin (half)	29	0.6		69		185
Graham Crackers (4 squares)	228	2.6	0.6	110		190
Saltine Crackers (10)	28	3.4	0.8	123		312
Cornflakes (1 oz)	28	0.1	0.0	110	0	351
Granola (1 oz)	28	7.7	1.4	138		3
Oatmeal, quick/instant (1 cup)	234	2.4	0.4	145	0	1
Noodles, Chow Mein (1 cup)	45	10.6	2.0	220	5	450
Egg Noodles (1 cup)	160	2.4		200	50	3
Rice, Cooked (1 cup)	205	0.2		223	0	4
Spaghetti (1 cup)	140	0.6	0.0	155		1
<b>FRUITS and VEGETABLES</b>						
Vegetables are low in fat and saturated fat						
(1/2 to 1 cup)		0.2	0.0	25	0	1
Apple, raw (1)	138	0.5	0.1	81	0	1
Banana, half	57	0.3	0.1	53	0	2
Cantaloupe (1 cup)	160	0.4	0.0	57	0	14
Grapefruit (half)	123	0.1	0.0	37	0	0
Grapes (15)	36	0.1	0.0	23	0	0
Orange (1)	131	0.2	0.0	62	0	0
Strawberries (1 1/4 cup)	186	0.7	0.0	56	0	3
Watermelon (1 1/4 cup)	200	0.9	0.0	63	0	4

## CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
<b>American, cheddar</b>	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange, texture firm to crumbly	In sandwiches, casseroles, soufflés, and creamy sauces. With fruit pie or crisp crackers, on a snack or dessert tray with fruit
<b>Blue, Gorgonzola, Roquefort</b>	Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor (Stilton is similar, but like a blue-veined Cheddar)	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread
<b>Brick</b>	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons
<b>Brie (bree)</b>	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust
<b>Camembert (kam'em bear)</b>	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese—serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers
<b>Cottage</b>	Soft, mild, unpened cheese, large or small curd. May have cream added	Used in salads, dips, main dishes. Popular with fresh and canned fruits
<b>Cream</b>	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads	Adds richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert
<b>Edam, Gouda</b>	Round, red-coated cheeses, creamy yellow to yellow-orange inside, firm and smooth. Mild nutlike flavor	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges
<b>Feta (sheep's or goats)</b>	Block, white/salty. Lower in fat than most cow's milk cheese	Soaking the cheese in cold water and draining removes some of the salt
<b>Havarti (cream enriched cows)</b>	Buttery may. May be flavored with dill or caraway	Good on del trays, crackers
<b>Liederkranz, Limburger</b>	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee
<b>Monterey Jack</b>	Wheel or block, light yellow. Mild semi-soft to hard (depends on aging)	Mexican dishes or casseroles
<b>Mozzarella, Scamorze</b>	Unpened. Mild-flavored and slightly firm. Creamy white to pale yellow	Cooking cheese. A "must" for pizza, lasagna, good in toasted sandwiches, hot snacks
<b>Muenster (Mun' stir)</b>	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges
<b>Neufchâtel (whole or skim cows)</b>	Block. White, soft and creamy. Mild slightly tangy	Use in salads, sandwiches, and desserts
<b>Parmesan, Romano</b>	Sharp, piquant, very hard cheeses. Come in shakers graded. (Parmesan is also available shredded.) Or grate your own	Sprinkle on pizza, main dishes, breads, salads, soups. Shake over buttered pop corn!
<b>Port du Salut (por du sa lu')</b>	Semisoft smooth and buttery. Mellow to robust flavor between Cheddar and Limburger	Dessert cheese—delicious with fresh fruit, great with apple pie. Good for snack tray.
<b>Provolone (pro vo lo' nee)</b>	Usually smoked, mild to sharp flavor. Hard, compact and flaky. Pear or sausage shaped	Use in Italian dishes, in sandwiches, on snack and appetizer trays
<b>Ricotta</b>	Mild, sweet, nutlike. Flavor soft, moist texture with loose curds.	Salads, lasagna, desserts
<b>Swiss</b>	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor	Good in salads, sauces, as a snack.
<b>Process cheeses</b>	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.	Ideal for cheese sandwiches, soufflés, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too

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## RECOMMENDED STORAGE PERIODS FOR DRY GOODS

### BAKING MATERIALS

Baking powder	8 to 12 months
Chocolate, baking	6 to 12 months
Chocolate, sweetened	2 years
Cornstarch	2 to 3 years
Yeast, dry	18 months
Baking soda	8 to 12 months

### BEVERAGES

Coffee, ground, vacuum packed	7 to 12 months
Coffee, ground, not vacuum packed	2 weeks
Coffee, instant	8 to 12 months
Tea, leaves	12 to 18 months
Tea, instant	8 to 12 months
Carbonated beverages	Indefinitely

### CANNED FOOD

Fruits, acidic (berries)	6 to 12 months
Fruit juices	6 to 9 months
Seafood (general)	1 year
Soups	1 year
Vegetables (general)	1 year
Vegetables (tomatoes, sauerkraut)	7 to 12 months

### FATS AND OILS

Mayonnaise	2 months
Salad dressings	2 months
Salad Oil	6 to 9 months

### GRAIN PRODUCTS

Cereal, to be cooked	8 months
Cereal, ready to eat	6 months
Flour	9 to 12 months
Macaroni	3 months
Mixes, prepared	6 months
Rice, parboiled	9 to 12 months
Rice, brown or wild	Should be refrigerated

### SEASONINGS/SWEETENERS

Mustard, prepared	4 months
Salt	Indefinite
Spices	2 years to indefinite
Vinegar	2 years
Sugar/granulated & powdered	Indefinite
Brown Sugar	Should be refrigerated
Syrups	1 year

### MISCELLANEOUS

Cookies/crackers	1 to 6 months
Dried fruits	6 to 8 months
Jams, jellies	Should be refrigerated
Nuts	1 year
Pickles	1 year
Potato chips	1 month

## UNDERSTANDING LABELS

<b>LABEL CLAIM</b>	<b>MUST MEAN</b>
<b>LOW FAT</b>	A food with 3 grams of fat or less per serving. To make sure that this claim won't be made for high fat foods that are served in small portions, the food must also have 3 grams fat or less per 100 grams.
<b>X % FAT FREE</b>	The food is truly low in fat.
<b>LIGHT, LITE</b>	The food has one-third fewer calories than a comparable product. Other senses of "light"-for color, taste, or smell-must be clearly explained.
<b>CHOLESTEROL FREE</b>	One serving has less than 2 milligrams of cholesterol and 2 grams or less of saturated fat. The fat requirement insures that food with lots of fat from plant sources, like peanut butter, can no longer make this claim. Foods that never contain cholesterol-must underscore that fact, if they choose to make the claim.
<b>LOW CALORIE</b>	A food with fewer than 40 calories per serving and per 100 grams.
<b>FRESH</b>	The food is raw, not processed, frozen, or otherwise preserved.
<b>HIGH IN...</b>	One serving must provide 20% or more of the recommended daily intake for the stated nutrient. In the case of fiber claims, the label must declare the total fat content if a serving also packs more than 3 grams of fat.
<b>A SOURCE OF...</b>	Per serving, such a food must provide 10 to 19 percent of the daily quota for the stated nutrient.
<b>LOW SODIUM</b>	The food contains less than 140 milligrams per serving and per 100 grams. Foods claiming to be sodium free or salt free must contain less than 5 milligrams of sodium per serving.
<b>(NUTRIENT)-FREE</b>	The food contains a nutritionally trivial amount of the named nutrient.

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# SAVE THE ENVIRONMENT - IT STARTS AT HOME

Cleaning up the environment is the duty to all of us, one person recycling does make the difference.

- \* Buy products that can be recycled.
- \* Do not purchase over-packed products/or complain to the manufacturer.
- \* Buy products that are concentrated that can be diluted with water.
- \* Reuse paper bags/plastic bags when shopping.
- \* Buy non-toxic products.
- \* Monthly maintenance of changing furnace filters help keep the air clean.
- \* Purchase pump containers rather than aerosol dispensers.
- \* Purchase batteries that can be recharged.
- \* Use cloth diapers.
- \* Recycle old clothes by selling or donating.

PURCHASE PAPER PRODUCTS WITH THIS RECYCLING SYMBOL, INDICATES THAT THE ITEM IS MADE FROM RECYCLED PAPER.



PAPER PRODUCTS THAT ARE RECYCLABLE HAVE THIS SYMBOL.



PLASTICS  
CHART

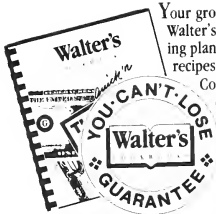


HDPE

CODE	MATERIAL	EXAMPLES	MARKETS FOR THE RECYCLED MATERIALS
1	Polyethylene terephthalate (PET)	Soft drink bottles	Skis, surfboards, sailboat hulls, carpeting, fiberfill, paint brushes
2	High-density polyethylene (HDPE)	Milk, water jugs	Drain pipes, boat piers, traffic cones, signs, toys, flower pots, garden furniture, curb stops, portable toolboxes
3	Vinyl	Shampoo bottles	Truck bed inserts, industrial flooring.
4	Low-density polyethylene (LDPE)	Ketchup bottles	Mixed plastics: Insulation, office accessories
5	Polypropylene	Squeeze bottles	Park benches, fencing, car stops, boat docks
6	Polystyrene	Fast-food packaging	
7	Other		



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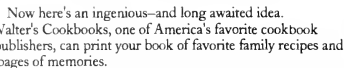
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